



NA (NON-AFFILIATED) RULES & SCORING PACKET

2025-2026

(VALID UNTIL 5/31/2026)

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YOUTH AFFILIATED vs. NA (NON-AFFILIATED)

USE THE FOLLOWING TO CONFIRM YOUR TEAM'S "NA" STATUS.

New changes from last year's Youth-affiliated packet are marked in **RED**.

YOUTH-AFFILIATED DIVISIONS:

Divisions identified as 'Youth' will provide competition for the majority of youth teams who have competed with YCADA in past years; however, the wording has been clarified to exclude teams who have left an organized program to form competition only teams, or join a program (i.e. city parks and rec. league) which has youth sports teams, but no formal cheerleading program – as defined below.

Definition of Youth Team: City/Mascot (i.e. Starbucks) + Division/Age of Play (i.e. Pee Wee).

EXAMPLE: Starbucks Pee Wee

YOUTH-AFFILIATED DIVISION GUIDELINES:

- Team is affiliated with a governing youth football organization (i.e. Pop Warner Football, American Youth Football, AAU, P.A.L., Junior All American, etc.). The youth league must include cheerleading bylaws and cheerleading safety rules as part of their charter. Team supports, is affiliated with, and is required to "cheer for" all scheduled football games in their organization during the regular season. A public game schedule must be available for review.
- Teams affiliated with any sport other than football (i.e. baseball, basketball, soccer) must compete in the Youth Non Affiliated "NA" Divisions.
- Coaches **MUST** bring copies of their league/team 'books' containing copies of each child's Birth Certificate or Government Issued ID to YCADA events. If ages are questioned or protested, or league affiliation disputed, a YCADA event official will require this documentation. Not having this information available at the event may result in disqualification.
- Youth divisions are determined by the age of oldest team member.
- The participant's age on **July 31, 2025** shall be the participant's age through **May 31, 2026**.

NA (NON-AFFILIATED) DIVISIONS:

Divisions identified as 'NA (Non-Affiliated)' will provide competition for youth cheer teams who are not associated with a youth football organization (as defined above), or representatives of an all-star cheer gym, dance studio or registered team with USASF. This type of youth team is sometimes also referred to as 'Performance Rec'.

NA (NON-AFFILIATED) DIVISION GUIDELINES:

- Team is **NOT** affiliated with a youth football organization that includes cheer safety rules or cheer bylaws as part of its franchise.
- Organizations or Teams may not be registered with USASF at the time of competition and not have had any teams in their organization compete in any competition under any "All Star" identified divisions.
- It is not mandatory that this team supports, affiliates with, or "cheers for" an organized sport (i.e. football, basketball, etc.).
- No Official Team Roster is required in NA Divisions.
- Coaches must bring copies of each child's Birth Certificate or Government Issued ID to YCADA events. If ages are questioned or protested, a YCADA event official will require this documentation. **Not having proof of athletes' ages at a YCADA event may result in disqualification.**
- NA (Non-Affiliated) divisions are determined by the age of oldest team member.
- The participant's age on **July 31, 2025** shall be the participant's age through **May 31, 2026**.
- To identify an NA (Non-Affiliated) division in the registration portal and competition schedule, team divisions will be referred to as NA (Non-Affiliated) followed by the Level (i.e.: NA - Division 12 Level 2). The example indicates: An NA (Non-Affiliated) team, age 12 and under, selecting Level 2 (NA) skills.

To maintain the integrity of a fair and competitive NA Division, YCADA reserves the right to evaluate a team's status to ensure compliance to the letter and the spirit of the above policies.

NA

CHEER CATEGORIES

CATEGORY is defined by the type of performance you select.

New changes from last year's packet are marked in **RED**.

CROSSOVERS

- 1) Any athlete performing in a Non-Mount division may NOT cross over into a division that allows building skills
- 2) Level 1 Limited may not cross over to any other Cheer Level.

CHEER LEVEL 1 LIMITED: (Time Limit: 2 min) This category is offered for Level 1. Performance using music during the routine. Teams may incorporate a cheer/chant within the routine. Poms and props are allowed. Please refer to the remainder of the cheer section for complete details on Cheer Level 1 Limited routine requirements and allowances.

CHEER: (Time Limit: 2 min 30 sec) This category is offered for the following levels: 1, 2, 3 and 4. Performance using music during the routine. Teams may incorporate a cheer/chant within the routine. Poms and props are allowed. Please refer to the remainder of the cheer section for complete details on Cheer routine requirements and allowances.

Special Performances: 1 minute 30 seconds (*This category is reserved for teams with athletes with disabilities*)

NA CHEER GENERAL SAFETY RULES

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms.

New rule changes are marked in **RED**. Any violations from this section will be a **1.0 point deduction**.

- (a) **Shoe charms, hair beads, jewelry, and chewing gum are prohibited during performances. Jewelry may not be taped on or over (exception - medical religious may be taped down).** Jewels/rhinestones may not be adhered to the participant's body and/or face. Anything affixed to uniform or athlete that becomes loose or falls off may become a safety hazard and therefore a penalty may be incurred. Glitter adhered to the face, hair, body is allowed.
- (b) **Cast and Braces**
 - 1. Participants with a hard cast may not tumble, stunt, or be considered as spotters and are not required to wrap/pad the cast.
 - 2. Participants wearing hard braces with exposed metal material, such as knee, wrist and elbow braces, are required to wrap/cover the brace with a padded material so that it protects both them and their fellow participants from injury.
 - 3. Participants wearing a full (medical) boot brace/walking boot may not be involved in stunting or tumbling.
- (c) Athletic closed-toe shoes are required for all participants.
- (d) Fingernails, including artificial nails, shall be kept at a length appropriate for safe participation.
- (e) Mini-tramps, springboards, or any other height increasing apparatus are prohibited (exception: spring floor).
- (f) **Entrances & Exits**
 - 1. Teams should enter and go directly to their starting position immediately upon taking the floor, unless they are setting signs, poms, flags, or props for the routine. Walking directly in uniform fashion to team's starting position is allowed.
 - 2. Spirited **entrances/exits** are allowed but cannot include tumbling or stunt skills.
- (g) Timing will begin with the first choreographed word, movement, skill, or note of music following the team's entrance to the performance surface. Teams may use a short count and a set prior to the start of the music/cheer. (Example: "5,6,7,8 – Panthers!") Timing will end with the last choreographed word, movement, skill, or note of music preceding the team's exit from the performance surface. Only registered participants of a team are allowed on the performance surface. Coaches may NOT set up signs, poms, etc. for the team (exception: Exhibition and Special Performances/Challenger).
- (h) **Coaches may not delay the start of the routine to fix formations/direct participants to move on the floor.**
- (i) **Code of Conduct** - Actions taken will be under the discretion of an event official
 - 1. Routines must be appropriate for family viewing.
 - 2. Appropriate choreography and music **MUST** be used. Teams using excessive vulgar or suggestive movements, words or music will be penalized, forced to forfeit, or disqualified.
 - 3. Tear away uniforms and/or removal of clothing is not allowed.
 - 4. Uniforms and make up should be age appropriate and suitable for family viewing.
 - 5. Items that may damage the performance surface are prohibited.
 - 6. **Uniforms**
 All Uniform tops must be full coverage (no exposed midriff or crop tops), with the exception of NA Division 16 & NA Division 18. Those teams with non-full coverage/crop top uniforms must wear a suitable cover-up or mesh over/under their uniforms, outside of warmup and performance times.

 All NA cheer uniforms should properly cover an athlete and must be properly secured. Uniform tops must be secured with material over both shoulders, one shoulder, or around the neck. Skirts and shorts must fully cover hips and briefs. Appropriate undergarments must be worn with all uniforms.
- (j) **Poms and Props**
 - 1. Props other than banners, flags, megaphones, and signs/light up signs must be submitted to YCADA for approval to ensure athlete's safety.
 - 2. All poms and props brought on the performing area must be used during the routine. A small stuffed animal or megaphone may be placed directly in front of the performance floor to mark center. Item must be off the mat to ensure it is not in the way of participants.
 - 3. In stunting divisions, hiding poms or props anywhere on the body or uniform is prohibited. Poms attached solely to the wrist are considered the same as all other poms in regard to pom rules.
 - 4. All poms and props must be within the performing area to avoid a boundary violation of **0.1** pts. Performers will receive a boundary violation for retrieving poms or props outside the performing area. Once props are no longer needed, they must be safely discarded either within or outside of the performance area by an athlete who remains inside the performance area.
 - 5. The use of poms and props is prohibited during tumbling, partner stunt/pyramid building, tosses, and all stunt transitions that require the use of hands. **Once stunt is fully built, flyers may obtain and use poms and props and then transition to another stunt that does not require the use of hand(s).** Poms may be used when dismounting.
 - 6. Bases/back spotters may not hold poms/props in their hands during stunting. Example: A back spotter grabbing the sign from the flyer in Extension Prep would be illegal.
 - 7. Front spots may hand or be handed poms/props from flyers provided the front spot is not actively building or dismounting the stunt at the time of hand off.
- (k) **Jumps**
 - 1. Participants are permitted to jump over another participant on the performance surface with or without contact.

NA CHEER GENERAL SAFETY RULES

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms.

New rule changes are marked in **RED**. Any violations from this section will be a **1.0 point deduction**.

(l) Tumbling

1. All tumbling must originate from the ground level.
2. Spotted/assisted tumbling must follow allowable skills for each level on the rules grid.
3. Partner tumbling is prohibited.
4. Participants are prohibited from tumbling over, under or through stunts, pyramids or an **individual's torso**.
5. Tumbling oriented load-ins to stunts, dismounts, and transitions are permitted:
 - (i) Rebounding from tumbling skills into stunts/stunt transitions is limited to cradle, load-in, and below prep level group-based stunt ONLY. If rebounding into a single based below prep level stunt, an additional spotter is required.
6. 3/4 flips and 1 1/4 flips are prohibited unless an exception is listed in the level rules grid.
7. Tumbling with poms in hands is prohibited. (Exception - Forward or Backward Roll)

(m) Stunts/Dismounts/Pyramids/Release Moves/Inversions

1. Stunts cannot travel over another individual and/or stunt. Athletes cannot walk under a stunt or pyramid, unless they are involved in the building of that specific skill. (Exception: Double Based Vertical T-Lifts may travel over an **athlete**)
2. Must never pass over, under or through other stunts and/or pyramids.
3. Level 4 ONLY: A separate person MAY move under the stunt, as long as they remain in a non-inverted position.
4. In all dismounts, catching base(s) MUST physically assist (re-catch the flyer to control/slow down descent) the flyer to the performance surface.
5. Pendulums
 - (i) Pendulum transitions must start from prep level or below and return to an upright stunt, load-in, or ground position.
 - (ii) Two Bases are required (must remain stationary) plus two additional catchers.
6. Stunts may not brace/touch any other flyer while simultaneously released from the bases (ex. two flyers performing Tic Tocs next to one another may not brace during the release move).
7. Superman transitions may not be braced to other Superman Transitions.
8. May not cradle from any stunt in which the base(s) have a knee on the ground.
9. In all pyramids that require a bracer, contact between the flyer and the bracer must be maintained throughout the entire stunt/transition.
10. All downward inversions are ILLEGAL unless an exception is stated in the Level Rules Grid.
11. All inversions require 2 bases **OR 1 base and 2 spotters**.
12. If a flyer is released from a single based stunt and lands in a horizontal, non-cradle position, 2 catchers are required. If they land in an upright position (ex. tic-toc), they require 1 catcher. If a flyer is released from a multi-based stunt and lands in a horizontal, non-cradle position, 3 catchers are required. If they land in an upright position (ex. tic-toc), they require 2 catchers.
13. In all released dismounts a back spotter is required.
14. Bases must be in direct contact with the performance surface.
15. Bases must never assume a Back Bend, Headstand or Handstand position while basing a stunt.
16. Two bases required during a pyramid transition when the flyer is completely released by the bases while remaining braced (Levels 3 & 4 exception: single based release moves are allowed if the flyer remains vertical).

(n) Tosses (Levels 2-4)

1. May never intentionally travel.
2. Must be caught in a Cradle by the original bases and are limited to up to 4 bases (total base count includes back and front spotters).
Example: 1 main base, 1 secondary base, 1 back spotter and 1 optional front spotter.
3. Must never become inverted at any point during the toss.

(o) Continuous Back Spotter

1. Must be in direct contact with the performance surface. Must be behind or to the side of the stunt to protect the head, neck, and shoulder area of the flyer.
2. Not required for **below prep level stunts**.
3. (Levels 2 & 3) Required at head/shoulder area for all Barrel Rolls
4. (Levels 2-4) - A spotter is NOT required **in stunts** if a flyer is at prep level or below. A spotter is required if a flyer is passing through or stopping at extended level.
5. Required for all release moves and tosses prep level and above. In Flatbacks/Archbacks with 2 bases, one base must support the head, neck and shoulder area of the flyer. (Exceptions: Extended V-Sits, transition to/from back spot of Group Based Stunt to Shoulder Sit, Horizontal T-Lifts)
6. **Levels 1 -4 required for all vertical stunts above WAIST level where the primary bases are not using their hands/arms to directly support the flyer.**
7. Must not step underneath the stunt to hold the feet (soles) of the flyer's shoes without the help of an additional back spotter located directly behind the stunt. Exception: One hand may go under a foot of the flyer.
8. Must never pass through the vertical plane of the stunt. The back spotter's torso may never pass under a stunt or the flyer.

Back Spotter for Single Based Stunts

9. Required for a single-based partner stunts at prep level and above.
 - (i) **Must be positioned directly behind or to the side of the flyer.**
 - (ii) Must not step underneath the stunt to hold the feet (soles) of the flyer (exception: may place one hand under the foot with other hand on the standing leg at prep level and below).
10. (Levels 3 & 4) Must be positioned to catch with one arm under the head and shoulders of the flyer to assist with the cradle.

YCADA rules may be updated at any point in the season due to prevent imminent safety hazards. YCADA reserves the right to further clarify any of the cheer and dance rules. Any changes and clarifications will not eliminate or change the spirit of the rule.

NA CHEER LEVEL 1 LIMITED RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 1.0 point deduction.**

STANDING & RUNNING TUMBLING	<p>Allowable Skills: All non-airborne skills and series of skills with hand support performed from a standing, running or hurdle position providing at least one hand and/or foot remains in contact with the performance surface during all skill(s) execution including, but not limited to:</p> <ul style="list-style-type: none"> • Front/Back Rolls • Cartwheels & Roundoffs • Handstands & Handstand Forward Rolls • Handstand to Bridge (provided the athlete returns to the ground/laying position) <p>Prohibited Skills (include but are not limited to):</p> <ul style="list-style-type: none"> • Front/Back Walkovers • Front/Back Handsprings • Flips in any body position • Tumbling into a load in stunt • Dive Rolls
STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Two leg stunts at prep level and below • Extension Prep Hitches (provided the flyer's foot of the working leg remains in contact with base's hands) • Single leg stunts at knee stand level and below • Stunting on the back of the base(s) provided: <ol style="list-style-type: none"> 1. Required spotter (front, back, or side) is present 2. Spotter may hold the hands, arms, or torso of the flyer <p>Prohibited Skills (include but are not limited to):</p> <ul style="list-style-type: none"> • Thigh Stand Single Leg Stunts • Transitional stunts that involve changing bases • Swing Stunts • Show and Go Stunts • Extended V-Sits
INVERSIONS	<p>ALL INVERSIONS ARE PROHIBITED</p>
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Shove Wrap • Step Off the Front/Back • Bump Down • Pop Offs • Straight Ride Cradles <p>Prohibited Skills (include but are not limited to):</p> <ul style="list-style-type: none"> • Trick or Twisting Cradles
RELEASE MOVES	<p>ALL RELEASE MOVES ARE PROHIBITED</p>
TOSSES	<p>ALL TOSSES ARE PROHIBITED</p>
PYRAMIDS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Pyramids must follow Level 1 Limited stunts, release moves, dismounts, and inversion rules • Allowed up to 2-high

CHOREOGRAPHY - By MAJORITY of Team - Max Score: 12.0

11.0 - 12.0 Teams ability to demonstrate excellence in pace and flow of routine, transitions, visual effects, level changes, percentage of team incorporation

PERFORMANCE OF ROUTINE/MOTIONS - By MAJORITY of Team - Max Score: 15.0

14.0 - 15.0 Teams ability to demonstrate excellence in quality of presentation, synchronization, enthusiasm, showmanship, confidence, crowd appeal, **motion technique/placement/variety.**

DANCE DIFFICULTY - By MAJORITY of Team - Max Score: 5.0

4.5 - 5.0 Teams ability to demonstrate excellence in dance energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork and floorwork.

DANCE EXECUTION - By MAJORITY of Team - Max Score: 5.0

4.5 - 5.0 Teams ability to demonstrate excellence in dance technique and placement, sharpness and overall control of movement.

SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW)

0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT

JUMP DIFFICULTY - Max Score: 10.0

See Glossary for Examples of Advanced/Basic Jumps

Consecutive, connected, synchronized jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.

0	Zero skills performed.
7.0	1 synchronized basic jump performed by LESS THAN majority
8.0	1 synchronized basic jump performed by MAJORITY
9.0	1 synchronized advanced jump performed by LESS THAN majority
10.0	1 synchronized advanced jump performed by MAJORITY

STUNT DIFFICULTY - By MAJORITY of Team - Max Score: 15.0

0	Zero skills performed.
12.0 - 12.4	Below knee level two leg stunts
12.5 - 12.9	Below prep level two leg stunts by LESS THAN majority
13.0 - 13.4	<ul style="list-style-type: none"> • Knee level two leg stunts • High Range Skills Performed by LESS THAN Majority
13.5 - 15.0	<ul style="list-style-type: none"> • Prep level two leg stunts • Knee level single leg stunts

PYRAMID DIFFICULTY - Max Score: 10.0

A pyramid will be defined as stunt(s) connected to other stunt(s).

0	Zero skills performed.
7.0	Below knee stand level
8.0	Knee stand level single leg braced on one or both sides
9.0	Two leg thigh stand level braced on one or both sides
10.0	Prep level 2 leg stunts braced on one or both sides

DISMOUNT DIFFICULTY - By MAJORITY of Team - Max Score: 5.0

0	Zero skills performed.
2.0	Team did not perform the minimum requirements to meet majority
3.0	<ul style="list-style-type: none"> • Step Offs • Bump Downs • Shove Wraps • Pop Offs
4.0	Straight Ride Cradles by LESS THAN Majority
5.0	Straight Ride Cradles

TUMBLING DIFFICULTY - By MAJORITY of Team - Max Score: 15.0

0	Zero skills performed.
12.5 - 12.9	Team did not perform the minimum requirements to meet majority
13.0 - 13.4	<ul style="list-style-type: none"> • Forward Rolls • Backward Rolls • Handstands
13.5 - 13.9	<ul style="list-style-type: none"> • Cartwheels • Roundoffs • Handstand to Bridge - By LESS THAN MAJORITY
14.0 - 15.0	<ul style="list-style-type: none"> • Cartwheels • Roundoffs • Handstand to Bridge

STUNT CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT

PYRAMID CREATIVITY - Max Score: 1.0

0.5 - 0.6	MINIMAL/MODERATE
0.7 - 0.8	GOOD
0.9 - 1.0	EXCELLENT



NA LEVEL 1 LIMITED - BUILDING

TEAM NAME: _____ DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Stunt Difficulty	15	
Stunt Execution/Technique	1	
Pyramid Difficulty	10	
Pyramid Execution/Technique	1	
Dismount Difficulty	5	
Dismount Execution/Technique	1	
Comments:		
TOTAL MAX POINTS		TOTAL SCORE
33		



NA LEVEL 1 LIMITED - JUMPS & TUMBLING

TEAM NAME: _____ DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Jump Difficulty	10	
Jump Execution/Technique	1	
Tumbling Difficulty	15	
Tumbling Execution/Technique	1	
Comments:		
TOTAL MAX POINTS		TOTAL SCORE
27		



NA LEVEL 1 LIMITED - OVERALL

TEAM NAME: _____ DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Choreography	12	
Performance of Routine/Motions	15	
Dance Difficulty	5	
Dance Execution/Technique	5	
Stunt Creativity	2	
Pyramid Creativity	1	
<div>Comments:</div>		
TOTAL MAX POINTS		TOTAL SCORE
40		

NA CHEER LEVEL 1 RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 1.0 point deduction.**

STANDING & RUNNING TUMBLING	<p>Allowable Skills: All non-airborne skills and series of skills with hand support performed from a standing, running or hurdle position are allowed provided at least one hand and/or foot remains in contact with the performance surface during skill(s) execution; including, but not limited to:</p> <ul style="list-style-type: none"> • Front & Back Rolls • Cartwheels & Roundoffs • Handstands & Handstand Forward Rolls • Front/Back Walkovers • Back Limbers • Valdezes <p>Prohibited Skills (include but are not limited to): Front/Back Handsprings, flips in any body position, Kip Ups & Dive Rolls</p>
STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Two leg stunts at prep level or below • Single leg stunts below prep level • Two leg stunt that passes through extended position • Extension Prep Hitches (provided the flyer's foot of the working leg remains in contact with base's hands) • Twisting during load in/stunt transition is limited to ¼ rotation • Non-release single based stunts (provided they follow group stunt allowances) • Prep Level Single Leg Stunts with hand/arm contact by a participant in the stunt group or a participant on the ground <p>Prohibited Skills (include but are not limited to): Freestanding extended stunts, Leap Frogs, Front/Back/Side Tension Rolls, Single based Split Stunts, and transitional stunts that change bases.</p>
INVERSIONS	<ul style="list-style-type: none"> • Ground Level Inversion to Ground Level • A single Partner Cartwheel Inversion provided the flyer returns back to the ground and upright <p>Prohibited Skills (include but are not limited to): Forward Suspended Rolls, Handstands that transition into a load in/Sponge position.</p>
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Step Off the Front/Back • Shove Wrap • Bump Down • Prep Level Pop Offs are limited to 1/4 twist • Cradles from all group stunts are limited to Straight and 1/4 twist only. <p>Prohibited Skills (include but are not limited to): Single trick non twisting cradles, cradles to different bases, Fireman Catches & cradle from single based stunts</p>
RELEASE MOVES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> • Bases may release a flyer during a transition from a Cradle position to a Reload/Sponge position and/or Flatback position. <p>Prohibited Skills (include but are not limited to): Barrel Rolls, Helicopters, & single based tossed stunts</p>
TOSSES	<p>ALL TOSSES ARE PROHIBITED</p>
PYRAMIDS	<p>Allowable Skills:</p> <p><i>Pyramids must follow Level 1 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</i></p> <ul style="list-style-type: none"> • Extended two leg stunts that are braced on one or both sides with hand/arm contact to prep level two leg stunts or below prep level stunts. • Single leg stunts at prep level provided they are braced on at least one side with hand/arm contact with a two leg prep level or below prep level stunt. • Braced Release to a cradle position are limited to straight ride or ¼ twist only if The flyer is continuously braced by a two leg prep level or below prep level stunt. <p>Prohibited Skills (include but are not limited to): Extended single leg pyramids, connected extended two leg stunts.</p>

CHOREOGRAPHY - By MAJORITY of Team - Max Score: 15.0

14.0 - 15.0	Teams ability to demonstrate excellence in pace and flow of routine, transitions, visual effects, level changes, percentage of team incorporation.
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PERFORMANCE OF ROUTINE/MOTIONS - By MAJORITY of Team - Max Score: 15.0

14.0 - 15.0	Teams ability to demonstrate excellence in quality of presentation, synchronization, enthusiasm, showmanship, confidence, crowd appeal, motion technique/placement/variety.
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DANCE DIFFICULTY - By MAJORITY of Team - Max Score: 6.0

5.5 - 6.0	Teams ability to demonstrate excellence in dance energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork and floorwork.
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DANCE EXECUTION - By MAJORITY of Team - Max Score: 5.0

4.5 - 5.0	Teams ability to demonstrate excellence in dance technique and placement, sharpness and overall control of movement.
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SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW & ON THE FOLLOWING PAGE)

0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT

JUMP DIFFICULTY - Max Score: 10.0

See Glossary for Examples of Advanced/Basic Jumps

Consecutive, connected, synchronized jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.

Variety will be defined as 2 or more different jumps.

0	Zero skills performed
6.0	<ul style="list-style-type: none"> Basic jump(s) 1 advanced jump by LESS THAN majority
7.0	<ul style="list-style-type: none"> 1 synchronized advanced jump by MAJORITY
8.0	<ul style="list-style-type: none"> 2 or more synchronized non-consecutive advanced jumps by LESS THAN majority performed in the SAME sequence/section 2 synchronized non-consecutive advanced jumps by MAJORITY performed in DIFFERENT sequences/sections
9.0	<ul style="list-style-type: none"> 2 synchronized non-consecutive advanced jumps by MAJORITY performed in the SAME sequence/section 2 synchronized consecutive connected advanced jumps with NO VARIETY by MAJORITY
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by by MAJORITY

STUNT DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
7.0 - 7.4	Knee level two leg stunts
7.5 - 7.9	<ul style="list-style-type: none"> Waist level two leg stunts Thigh level two leg stunts Shoulder Sits Extended V Sits Swedish Falls
8.0 - 8.4	<ul style="list-style-type: none"> Shoulder Stands Non-twisting prep level two leg stunt Below prep level single leg stunt - multiple variations encouraged Ground Level Inversion to Ground Level
8.5 - 10.0	1/4 Twist Variations are encouraged <ul style="list-style-type: none"> Single based waist level single leg stunt Prep level two leg stunts Single based prep level two leg stunt Prep level single leg stunt

PYRAMID DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

A pyramid will be defined as stunt(s) connected to other stunt(s).

0	Zero skills performed
7.0 - 7.4	Below prep level two leg stunts braced on both or one side
7.5 - 7.9	Below prep level single leg stunts braced on both or one side
8.0 - 8.4	<ul style="list-style-type: none"> Prep level two leg stunts Prep level single leg stunts braced on both sides Extended two leg stunts braced on both sides Braced release moves to Straight Cradle
8.5 - 10.0	All Skills Braced on One Side. 1/4 Twist Variations are encouraged. <ul style="list-style-type: none"> Braced Release Moves to 1/4 Cradle Prep level single leg stunts Extended two leg stunts

DISMOUNT DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
8.5	Team did not perform the minimum requirements to meet majority
9.0	<ul style="list-style-type: none"> • Step Offs • Bump Downs • Shove Wraps • Pop Offs • Straight Ride Cradles by LESS THAN Majority
9.5	<ul style="list-style-type: none"> • Straight Ride Cradles • 1/4 Cradles by LESS THAN Majority
10.0	1/4 Turn Cradles by MAJORITY

TUMBLING DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
7.0 - 7.4	Team did not perform the minimum requirements to meet majority
7.5 - 7.9	<ul style="list-style-type: none"> • Forward Rolls • Backward Rolls • Handstands
8.0 - 8.4	<ul style="list-style-type: none"> • Cartwheels • Round Offs • Back Limber to Kickover
8.5 - 10.0	<ul style="list-style-type: none"> • Front/Back Walkovers • Switch Leg Walkovers • Valdezes

STUNT CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT

PYRAMID CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT



NA LEVEL 1 - BUILDING

TEAM NAME: _____ DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Stunt Difficulty	10	
Stunt Execution/Technique	1	
Pyramid Difficulty	10	
Pyramid Execution/Technique	1	
Dismount Difficulty	10	
Dismount Execution/Technique	1	
Comments:		
TOTAL MAX POINTS		TOTAL SCORE
33		



DIVISION: _____

Comments:

TOTAL MAX POINTS	TOTAL SCORE
22	



NA LEVEL 1 - OVERALL

TEAM NAME: _____ DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Choreography	15	
Performance of Routine/Motions	15	
Dance Difficulty	6	
Dance Execution/Technique	5	
Stunt Creativity	2	
Pyramid Creativity	2	
Comments:		
TOTAL MAX POINTS		TOTAL SCORE
45		

NA CHEER LEVEL 2 RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Level 1* are legal for Level 2*. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 1.0 point deduction.**

STANDING & RUNNING TUMBLING	<p>Allowable Skills: All airborne skills with hand support are allowed. Including, but not limited to:</p> <p>Standing</p> <ul style="list-style-type: none"> Single Front/Back Handspring Single Front/Back Handspring Step Out Advanced Jump to Single Handspring/Handspring Step Out Dive Rolls <p>Running</p> <ul style="list-style-type: none"> Series Front/Back Handsprings Series Front/Back Handspring Step Out <p>Prohibited Skills (include but are not limited to): Flips in any body position (i.e. Aerials, Tucks, Pikes, Layouts, X-Outs, and Whips).</p>
STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Two leg extended stunts. Single leg stunts at prep level Leap Frogs (must return to original bases) At least one base/continuous spotter must maintain contact with the flyer during transitions. Twisting during load-in/transitions is limited to a combined total of a 1/2 twist <p>Prohibited Skills (include but are not limited to): Transitioning to new bases, Front/Side/Back Tension Rolls, & Single based Split Stunts.</p>
INVERSIONS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Inversions as an entry to a non-inverted upright stunt at prep level and below provided the inversions occurs at ground level and the inverted participant is in contact with the performance surface. During transition from the inversion, at least 1 base/spotter must have contact with the flyer with one at the head/shoulders. Back Walkover Inversion Exit from a cradle position <p>Prohibited Skills (include but are not limited to): Forward & Backward Suspended Rolls</p>
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Cradles are limited to Straight, ¼ twist, or single trick non-twisting Cradles (Clarification: Arch position does not count as a trick) Cradles from Single Based Stunts must be caught in a group cradle (2 bases and a back spotter) Group based Swedish Falls may perform a ¼ twist Cradle. <p>Prohibited Skills (include but are not limited to): Pop Offs from extended level, ½ twist Cradles, dismounts that land in prone position, dismounts to different bases, Fireman Catches.</p>
RELEASE MOVES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Single full twisting Barrel Rolls with a spotter at the head and neck of flyer that start and end in a Cradle position with no other trick during the skill ½ twisting barrel rolls up to an extended Swedish Falls with no other trick during the skill. <p>Prohibited Skills (include but are not limited to):</p> <ul style="list-style-type: none"> Toss stunts, Switch Ups, Ball Ups, and Tic Tocs.
TOSSES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Flyer limited to a Straight Body position only. <p>Prohibited Skills (include but are not limited to): Toe Touch, Ball-X, Pike Arch, or twisting tosses.</p>
PYRAMIDS	<p>Allowable Skills: Pyramids must follow Level 2 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</p> <ul style="list-style-type: none"> Flyers must maintain contact with at least one base at all times and may not lose contact with bracer during transitions. Flyer in a Cradle/Flatback position may transition back into a stunt, provided at least one base maintains continuous contact during the entire transition. Extended single leg stunts provided they are braced on at least one side with hand/arm contact with a prep level or below stunt. Contact must be made at or below prep level and prior to performing the extended single leg. Hand/arm contact must be maintained until the upward motion for a dismount or downward transition to a prep level or below stunt. Pyramid inversions are allowed and may start at ground level and end at extended level provided they are braced on one side by two leg stunt. Braced release dismounts to a cradle provided they are continuously braced on one side by a two leg prep level or below stunt. Flyer must begin release transition in an upright body position and remain in an upright body position throughout the release. Braced release moves to a cradle provided: <ol style="list-style-type: none"> the flyer is continuously braced on one side by a prep level or below stunt, with hand/arm contact only flyer does not intentionally travel during the release move any trick performed does not include twisting. Extended two leg stunts may brace other extended two leg stunts. <p>Prohibited Skills (include but are not limited to): Braced flips, and full release braced Tic Tocks.</p>

CHOREOGRAPHY - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in pace and flow of routine, transitions, visual effects, level changes, percentage of team incorporation.
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PERFORMANCE OF ROUTINE/MOTIONS - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in quality of presentation, synchronization, enthusiasm, showmanship, confidence, crowd appeal, motion technique/placement/variety.
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DANCE DIFFICULTY - By MAJORITY of Team - Max Score: 5.0

4.5 - 5.0	Teams ability to demonstrate excellence in dance energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork and floorwork.
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DANCE EXECUTION - By MAJORITY of Team - Max Score: 5.0

4.5 - 5.0	Teams ability to demonstrate excellence in dance technique and placement, sharpness and overall control of movement.
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SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW & ON THE FOLLOWING PAGE)

0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT

JUMP DIFFICULTY - Max Score: 10.0

See Glossary for Examples of Advanced/Basic Jumps

Consecutive, connected, synchronized jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.

Variety will be defined as 2 or more different jumps.

0	Zero skills performed
6.0	<ul style="list-style-type: none"> Basic jump(s) 1 advanced jump by LESS THAN majority
7.0	<ul style="list-style-type: none"> 1 synchronized advanced jump by MAJORITY
8.0	<ul style="list-style-type: none"> 2 or more synchronized non-consecutive advanced jumps by LESS THAN majority performed in the SAME sequence/section 2 synchronized non-consecutive advanced jumps by majority performed in DIFFERENT sequences/sections
9.0	<ul style="list-style-type: none"> 2 synchronized non-consecutive advanced jumps by MAJORITY performed in the SAME sequence/section 2 synchronized consecutive connected advanced jumps with NO VARIETY by MAJORITY
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by MAJORITY

STUNT DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
7.0 - 7.4	Team did not perform the minimum requirements to meet majority
7.5 - 7.9	<ul style="list-style-type: none"> Prep level two leg stunts Below prep level single leg stunts - multiple variations encouraged Ground level inversion to Ground Level
8.0 - 8.4	1/4 Twist Variations are encouraged <ul style="list-style-type: none"> Single based waist level single leg stunt Single based prep level two leg stunt Prep level single leg stunt Extended two leg stunt
8.5 - 10.0	<ul style="list-style-type: none"> Leap Frogs 1/2 twist to prep level single leg stunts 1/2 twist to extended level two leg stunts Ground Level inversion to prep level stunts

PYRAMID DIFFICULTY - By MAJORITY of Team - Max Score: 10.0**A pyramid will be defined as stunt(s) connected to other stunt(s).**

0	Zero skills performed
7.0 - 7.4	Team did not perform the minimum requirements to meet majority
7.5 - 7.9	Prep level two leg stunts braced on both or one side
8.0 - 8.4	<ul style="list-style-type: none"> Extended two leg stunts braced on both or one side Prep level single leg stunts braced on both or one side 1/2 twist pyramid transition to prep level two leg stunt
8.5 - 10.0	<ul style="list-style-type: none"> Extended single leg stunts braced on both or one side 1/2 twist pyramid transition to prep level single leg stunt 1/2 twist pyramid transition to extended level stunt Braced Release Dismounts to cradle with tricks Ground Level Braced Pyramid inversion to prep level Extended Two Leg Stunt Braced to other Extended Two Leg Stunts

DISMOUNT DIFFICULTY By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
8.5	Team did not perform the minimum requirements to meet majority
9.0	Straight Ride Cradles by MAJORITY
9.5	<ul style="list-style-type: none"> 1/4 Twist Cradles High Range Skills by LESS THAN Majority
10.0	Must perform (2) different skills: <ul style="list-style-type: none"> 1/4 Twist Cradles from prep level single leg OR extended two leg stunt Non-twisting Alternate Cradles (i.e. Toe Touch, Kick, Ball, Pike etc.)

TUMBLING DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
7.0 - 7.4	Team did not perform the minimum requirements to meet majority
7.5 - 7.9	<ul style="list-style-type: none"> Cartwheels Round Offs Back Limber to Kickover
8.0 - 8.4	<ul style="list-style-type: none"> Front/Back Walkovers Switch Leg Walkovers Valdezes
8.5 - 10.0	<ul style="list-style-type: none"> Running/Standing Single Front/Back Handspring/Handspring Step Out Advanced Jumps to Back Handspring Running with Series Back Handsprings

TOSS DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
8.0	Team did not perform the minimum requirements to meet majority
9.0	Straight Ride Tosses by 25%
10.0	Straight Ride Tosses

STUNT CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT

PYRAMID CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT

NA CHEER LEVEL 3.2 RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Levels 1* & 2* are legal for Level 3.2*. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 1.0 point deduction.**

STANDING & RUNNING TUMBLING	<p>Allowable Skills: All airborne skills with hand support are allowed. Including, but not limited to:</p> <p>Standing</p> <ul style="list-style-type: none"> Single Front/Back Handspring Single Front/Back Handspring Step Out Advanced Jump to Single Handspring/Handspring Step Out <p>Running</p> <ul style="list-style-type: none"> Series Front/Back Handsprings Series Front/Back Handspring Step Out <p>Prohibited Skills (include but are not limited to): Flips in any body position (i.e. Aerials, Tucks, Pikes, Layouts, X-Outs, and Whips).</p>
STUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Single leg extended stunts Transitional stunts where one athlete on the performance surface remains in contact with the flyer. Twisting during the load in or stunt transition is limited to 1 full twist and can only occur at prep level and below, and 1/2 twist to/from extended level. <p>Prohibited Skills (include but are not limited to): Single-based Split Stunts, Superman transitions that intentionally travel, and one full twist to extended level.</p>
INVERSIONS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Inversions as an entry to a non-inverted upright/extended stunt provided: <ul style="list-style-type: none"> 1) The inversion occurs at ground level and the inverted participant is in contact with the performance surface 2) During the transition from the inversion, at least 1 base/spotter maintain contact with the flyer with one of the bases/spotter at the head/shoulder area of the flyer during the inversion. Inversion exits are limited to waist level or below provided: <ul style="list-style-type: none"> 1) During the transition to the inversion, at least 2 bases/spotter maintain contact with the flyer with one of the bases/spotter at the head/shoulder area of the flyer during the inversion. Forward Suspended Rolls with 1 twisting rotation provided the flyer maintains hand/hand contact with the back spotter and lands in a cradle. Backward Suspended Rolls may not twist. A flyer may be in an inverted position at prep level or below. <p>Prohibited Skills (include but are not limited to): Handstand at prep level</p>
DISMOUNTS	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Pop Offs from extended level Cradles from Extension Prep, Extensions, and any prep level single leg group stunts are limited to 1 1/4 twisting rotation Non-twisting two trick cradles only from Extension Prep. Only Straight and 1/4 turn Cradles from extended single leg stunts Single based stunts may perform Straight Cradles provided the required spotter is in place. <p>Prohibited Skills (include but are not limited to): Dismounts to different bases</p>
RELEASE MOVES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> A flyer may be released from prep level or below and land at prep level or below provided they begin and remain in a non-inverted position throughout the transition. Half Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt. <p>Prohibited Skills (include but are not limited to): Bases may not free toss a flyer to all new bases.</p>
TOSSES	<p>Allowable Skills:</p> <ul style="list-style-type: none"> Flyer limited to single trick toss skills and may not exceed 1 1/4 twisting rotations (clarification: single trick non-twisting skills that require flyer to open to an Arch position following the skill are allowed). <p>Prohibited Skills (include but are not limited to): Tosses that intentionally travel, Tuck Star/Ball X, Flipping (front or back)</p>
PYRAMIDS	<p>Allowable Skills: Pyramids must follow Level 3 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</p> <ul style="list-style-type: none"> Braced release moves to a non-inverted body position provided: <ul style="list-style-type: none"> 1) The flyer is continuously braced on at least one side by a prep level or below stunt, with hand/arm contact only 2) The flyer does not intentionally travel during the release move 3) It incorporates no more than a 1/2 twist by the flyer Braced release moves to an upright body position may be performed over the bracers' arms ONLY, while maintaining contact with the other arm of each bracer. Braced Rolls originating from prep level or below and landing prep level or below 1 full twist by the flyer provided the flyer is not released from the base/spotter. If the flyer is full or ¾ twisting to or from extended level, the flyer must be connected by hand/arm to 1 bracer at prep level or below. Extended single leg stunts braced to other extended two leg stunts <p>Prohibited Skills (include but are not limited to): Release moves that travel over the legs and/or core of the bracer's body, collapsible pyramids, and braced front/back flips.</p>

CHOREOGRAPHY - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in pace and flow of routine, transitions, visual effects, level changes, percentage of team incorporation.
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PERFORMANCE OF ROUTINE/MOTIONS - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in quality of presentation, synchronization, enthusiasm, showmanship, confidence, crowd appeal, motion technique/placement/variety.
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DANCE DIFFICULTY - By MAJORITY of Team - Max Score: 5.0

4.5 - 5.0	Teams ability to demonstrate excellence in dance energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork and floorwork.
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DANCE EXECUTION - By MAJORITY of Team - Max Score: 5.0

4.5 - 5.0	Teams ability to demonstrate excellence in dance technique and placement, sharpness and overall control of movement.
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SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW & ON THE FOLLOWING PAGE)

0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT

JUMP DIFFICULTY - Max Score: 10.0

See Glossary for Examples of Advanced/Basic Jumps

Consecutive, connected, synchronized jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.

Variety will be defined as 2 or more different jumps.

0	Zero skills performed
6.0	<ul style="list-style-type: none"> Basic jump(s) 1 advanced jump 2 synchronized non-consecutive advanced jumps by LESS THAN majority of team
7.0	<ul style="list-style-type: none"> 2 synchronized non-consecutive advanced jumps by MAJORITY of team
8.0	<ul style="list-style-type: none"> 2 synchronized consecutive connected advanced jumps by LESS THAN majority of team, PLUS one additional advanced jump
9.0	<ul style="list-style-type: none"> 2 or 3 synchronized consecutive connected advanced jumps with NO VARIETY 2 synchronized consecutive connected advanced jumps with NO VARIETY by MAJORITY of team, PLUS one additional advanced jump by MAJORITY of team.
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by majority of team, PLUS one additional advanced jump by MAJORITY of team. (Variety MUST be in the connected jumps).

STUNT DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
7.0 - 7.4	Team did not perform the minimum requirements to meet majority
7.5 - 7.9	1/4 Twist Variations are encouraged <ul style="list-style-type: none"> Single based waist level single leg stunt Single based prep level two leg stunt Prep level single leg stunt Extended two leg stunt
8.0 - 8.4	<ul style="list-style-type: none"> Extended Single Leg Variations 1/2 twist Superman transitions 1/2 twist mounts to two leg extended stunts Forward Suspended Rolls Ground level inversions directly to extended stunts Release Move to Prone
8.5 - 10.0	<ul style="list-style-type: none"> Forward Suspended Rolls with one full twist rotation Free standing release moves that land at prep level Full twist stunts to prep level stunts 1/2 twist stunts to extended single leg stunts Ground level inversion full twist to prep level stunts Ground level inversion 1/2 twist to extended stunts

YCADA NA Level 3.2



PYRAMID DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

A pyramid will be defined as stunt(s) connected to other stunt(s).

0	Zero skills performed
7.0 - 7.4	Team did not perform the minimum requirements to meet majority
7.5 - 7.9	<ul style="list-style-type: none"> Extended two leg stunts braced on both or one side Prep level single leg stunts braced on both or one side 1/2 twist pyramid transition to prep level two leg stunt
8.0 - 8.4	<ul style="list-style-type: none"> Extended single leg stunts braced on both or one side 1/2 twist pyramid transition to prep level single leg stunt 1/2 twist pyramid transition to extended level stunt Braced release moves to cradle braced on one side with one or more trick Ground Level Braced Pyramid inversion to prep level Extended Two Leg Stunt Braced to other Extended Two Leg Stunts
8.5 - 10.0	<ul style="list-style-type: none"> Braced release moves to an upright standing body position that land at the extended level Braced release moves to a non-upright body position braced on both sides 3/4 twist or greater non-release transitions to extended level Extended single leg stunts braced to other extended two leg stunts 1/2 twist release moves that land at extended level

DISMOUNT DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
8.5	Team did not perform the minimum requirements to meet majority
9.0	1/4 Twist Cradles
9.5	<p>Must perform (2) different skills:</p> <ul style="list-style-type: none"> 1/4 Twist Cradles from prep level single leg OR extended two leg stunt Non-twisting Alternate Cradles (i.e. Toe Touch, Kick, Ball, Pike etc.) Single Twist Cradle from prep level two leg stunts High Range Skills by LESS THAN Majority
10.0	<p>Must perform (2) different skills:</p> <ul style="list-style-type: none"> Two trick non-twisting cradles from Extension Prep Single twist cradles from extended two leg stunts Single twist cradles from prep level single leg stunts

TUMBLING DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
7.0 - 7.4	Team did not perform the minimum requirements to meet majority
7.5 - 7.9	<ul style="list-style-type: none"> Cartwheels Round Offs Back Limber to Kickover
8.0 - 8.4	<ul style="list-style-type: none"> Front/Back Walkovers Switch Leg Walkovers Valdezes
8.5 - 10.0	<ul style="list-style-type: none"> Running/Standing Single Front/Back Handsprings/Handspring Step Out Advanced Jumps to Back Handspring Running with Series Back Handsprings

TOSS DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
7.0	Team did not perform the minimum requirements to meet majority
8.0	Straight Ride Tosses
9.0	High Range Skills by LESS THAN Majority
10.0	<ul style="list-style-type: none"> Single trick non-twisting tosses (i.e. kick, pike, tuck, toe touch) Single twisting toss

STUNT CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT

PYRAMID CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT

NA CHEER LEVEL 3 RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Levels 1* & 2* are legal for Level 3*. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 1.0 point deduction.**

STANDING & RUNNING TUMBLING	Allowable Skills: <ul style="list-style-type: none"> Series Handsprings Flips only in the following specified body positions with the following restrictions: <ol style="list-style-type: none"> Side Aerial provided no tumbling is performed after the flip Back Tucks provided no tumbling is performed after the flip and they originate directly from a Round Off, Round Off Back Handspring, or Round Off Back Handspring Series Front Tucks are allowed provided they originate directly from a running entry and are the first skill in the tumbling pass (clarification: tumbling out of/ after a front tuck is allowed). Prohibited Skills (include but are not limited to): Standing flips in any body position, standing single/series Back Handsprings to a flip in any body position, running tumbling flips in any positions other than the allowable skills listed above, twisting in any flips, Cartwheel Step in Tucks.
STUNTS	Allowable Skills: <ul style="list-style-type: none"> Single leg extended stunts Transitional stunts where one athlete on the performance surface remains in contact with the flyer. Twisting during the load in or stunt transition is limited to 1 full twist and can only occur at prep level and below, and 1/2 twist to/from extended level. Prohibited Skills (include but are not limited to): Single-based Split Stunts, Superman transitions that intentionally travel, & one full twist to extended level.
INVERSIONS	Allowable Skills: <ul style="list-style-type: none"> Inversions as an entry to a non-inverted upright/extended stunt provided: <ol style="list-style-type: none"> The inversion occurs at ground level and the inverted participant is in contact with the performance surface During the transition from the inversion, at least 1 base/spotter maintain contact with the flyer with one of the bases/spotter at the head/shoulder area of the flyer during the inversion. Inversion exits are limited to waist level or below provided: <ol style="list-style-type: none"> During the transition to the inversion, at least 2 bases/spotter maintain contact with the flyer with one of the bases/spotter at the head/ shoulder area of the flyer during the inversion. Forward Suspended Rolls with 1 twisting rotation provided the flyer maintains hand/hand contact with the back spotter or bases and lands in a cradle. Backward Suspended Rolls may not twist. A flyer may be in an inverted position at prep level or below. Prohibited Skills (include but are not limited to): Handstand at prep level
DISMOUNTS	Allowable Skills: <ul style="list-style-type: none"> Pop Offs from extended level Cradles from Extension Prep, Extensions, and any prep level single leg group stunts are limited to 1 1/4 twisting rotation Non-twisting two trick cradles only from Extension Prep. Only Straight and 1/4 turn Cradles from extended single leg stunts Single based stunts may perform Straight Cradles provided the required spotter is in place. Prohibited Skills (include but are not limited to): Dismounts to different bases
RELEASE MOVES	Allowable Skills: <ul style="list-style-type: none"> A flyer may be released from prep level or below and land at prep level or below provided they begin and remain in a non-inverted position throughout the transition. Half Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt. Prohibited Skills (include but are not limited to): Bases may not free toss a flyer to all new bases.
TOSSES	Allowable Skills: <ul style="list-style-type: none"> Flyer limited to single trick toss skills and may not exceed 1 1/4 twisting rotations (clarification: single trick non-twisting skills that require flyer to open to an Arch position following the skill are allowed). Prohibited Skills (include but are not limited to): Tosses that intentionally travel, Tuck Star/Ball X, Flipping (front or back)
PYRAMIDS	Allowable Skills: <i>Pyramids must follow Level 3 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances:</i> <ul style="list-style-type: none"> Braced release moves to a non-inverted body position provided: <ol style="list-style-type: none"> The flyer is continuously braced on at least one side by a prep level or below stunt, with hand/arm contact only The flyer does not intentionally travel during the release move It incorporates no more than a 1/2 twist by the flyer Braced release moves to an upright body position may be performed over the bracers' arms ONLY, while maintaining contact with the other arm of each bracer waist level or below 1 full twist by the flyer provided the flyer is not released from the base/spotter. If the flyer is full or ¾ twisting to or from extended level, the flyer must be connected by hand/arm to 1 bracer at prep level or below. Extended single leg stunts braced to other extended two leg stunts Braced Rolls originating from prep level or below and landing prep level or below Prohibited Skills (include but are not limited to): Release moves that travel over the legs and/or core of the bracer's body, collapsible pyramids, and braced front/ back flips.

CHOREOGRAPHY - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in pace and flow of routine, transitions, visual effects, level changes, percentage of team incorporation.
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PERFORMANCE OF ROUTINE/MOTIONS - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in quality of presentation, synchronization, enthusiasm, showmanship, confidence, crowd appeal, motion technique/placement/variety.
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DANCE DIFFICULTY - By MAJORITY of Team - Max Score: 5.0

4.5 - 5.0	Teams ability to demonstrate excellence in dance energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork and floorwork.
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DANCE EXECUTION - By MAJORITY of Team - Max Score: 5.0

4.5 - 5.0	Teams ability to demonstrate excellence in dance technique and placement, sharpness and overall control of movement.
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SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW & ON THE FOLLOWING PAGE)

0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT

JUMP DIFFICULTY - Max Score: 10.0

See Glossary for Examples of Advanced/Basic Jumps

Consecutive, connected, synchronized jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.

Variety will be defined as 2 or more different jumps.

0	Zero skills performed
6.0	<ul style="list-style-type: none"> Basic jump(s) 1 advanced jump 2 synchronized non-consecutive advanced jumps by LESS THAN majority
7.0	<ul style="list-style-type: none"> 2 synchronized non-consecutive advanced jumps by MAJORITY
8.0	<ul style="list-style-type: none"> 2 synchronized consecutive connected advanced jumps by LESS THAN majority, PLUS one additional advanced jump
9.0	<ul style="list-style-type: none"> 2 or 3 synchronized consecutive connected advanced jumps with NO VARIETY 2 synchronized consecutive connected advanced jumps with NO VARIETY by MAJORITY, PLUS one additional advanced jump by MAJORITY.
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by majority of team, PLUS one additional advanced jump by MAJORITY. (Variety MUST be in the connected jumps).

STUNT DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
7.0 - 7.4	Team did not perform the minimum requirements to meet majority
7.5 - 7.9	1/4 Twist Variations are encouraged <ul style="list-style-type: none"> Single based waist level single leg stunt Single based prep level two leg stunt Prep level single leg stunt Extended two leg stunt
8.0 - 8.4	<ul style="list-style-type: none"> Extended Single Leg Variations 1/2 twist Superman transitions 1/2 twist mounts to two leg extended stunts Forward Suspended Rolls Ground level inversions directly to extended stunts Release Move to Prone
8.5 - 10.0	<ul style="list-style-type: none"> Forward Suspended Rolls with one full twist rotation Free standing release moves that land at prep level Full twist stunts to prep level stunts 1/2 twist stunts to extended single leg stunts Ground level inversion full twist to prep level stunts Ground level inversion 1/2 twist to extended stunts

PYRAMID DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

A pyramid will be defined as stunt(s) connected to other stunt(s).

0	Zero skills performed
7.0 - 7.4	Team did not perform the minimum requirements to meet majority
7.5 - 7.9	<ul style="list-style-type: none"> Extended two leg stunts braced on both or one side Prep level single leg stunts braced on both or one side 1/2 twist pyramid transition to prep level two leg stunt
8.0 - 8.4	<ul style="list-style-type: none"> Extended single leg stunts braced on both or one side 1/2 twist pyramid transition to prep level single leg stunt 1/2 twist pyramid transition to extended level stunt Braced release moves to cradle braced on one side with one or more trick Ground Level Braced Pyramid inversion to prep level Extended Two Leg Stunt Braced to other Extended Two Leg Stunts
8.5 - 10.0	<ul style="list-style-type: none"> Braced release moves to an upright standing body position that land at the extended level Braced release moves to a non-upright body position braced on both sides 3/4 twist or greater non-release transitions to extended level Extended single leg stunts braced to other extended two leg stunts 1/2 twist release moves that land at extended level

DISMOUNT DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
8.5	Team did not perform the minimum requirements to meet majority
9.0	1/4 Twist Cradles
9.5	Must perform (2) different skills: <ul style="list-style-type: none"> 1/4 Twist Cradles from prep level single leg OR extended two leg stunt Non-twisting Alternate Cradles (i.e. Toe Touch, Kick, Ball, Pike etc.) Single Twist Cradle from prep level two leg stunts High Range Skills by LESS THAN Majority
10.0	Must perform (2) different skills: <ul style="list-style-type: none"> Two trick non-twisting cradles from Extension Prep Single twist cradles from extended two leg stunts Single twist cradles from prep level single leg stunts

TUMBLING DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
7.0 - 7.4	Team did not perform the minimum requirements to meet majority
7.5 - 7.9	<ul style="list-style-type: none"> Front/Back Walkovers Switch Leg Walkovers Valdezes
8.0 - 8.4	<ul style="list-style-type: none"> Running/Standing Single Front/Back Handsprings/Handspring Step Out Advanced Jumps to Back Handspring Running with Series Back Handsprings
8.5 - 10.0	<ul style="list-style-type: none"> Consecutive Standing Handsprings Series Side Aerials Advanced Jumps continuously to Back Handspring Series Running Front Tuck Round Off Back Tucks Round off Back Handspring Back Tucks

TOSS DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
7.0	Team did not perform the minimum requirements to meet majority
8.0	Straight Ride Tosses
9.0	High Range Skills by LESS THAN Majority
10.0	<ul style="list-style-type: none"> Single trick non-twisting tosses (i.e. kick, pike, tuck, toe touch) Single twisting toss

STUNT CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT

PYRAMID CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT

NA CHEER LEVEL 3 NON-TUMBLING RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Levels 1* & 2* are legal for Level 3*. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 1.0 point deduction.**

STANDING & RUNNING TUMBLING	ALL STANDING AND RUNNING TUMBLING IS PROHIBITED.
STUNTS	Allowable Skills: <ul style="list-style-type: none"> Single leg extended stunts Transitional stunts where one athlete on the performance surface remains in contact with the flyer. Twisting during the load in or stunt transition is limited to 1 full twist and can only occur at prep level and below, and 1/2 twist to/from extended level. Prohibited Skills (include but are not limited to): Single-based Split Stunts, Superman transitions that intentionally travel, & one full twist to extended level.
INVERSIONS	Allowable Skills: <ul style="list-style-type: none"> Inversions as an entry to a non-inverted upright/extended stunt provided: <ol style="list-style-type: none"> The inversion occurs at ground level and the inverted participant is in contact with the performance surface During the transition from the inversion, at least 1 base/spotter maintain contact with the flyer with one of the bases/spotter at the head/shoulder area of the flyer during the inversion. Inversion exits are limited to waist level or below provided: <ol style="list-style-type: none"> During the transition to the inversion, at least 2 bases/spotter maintain contact with the flyer with one of the bases/spotter at the head/shoulder area of the flyer during the inversion. Forward Suspended Rolls with 1 twisting rotation provided the flyer maintains hand/hand contact with the back spotter or bases and lands in a cradle. Backward Suspended Rolls may not twist. A flyer may be in an inverted position at prep level or below. Prohibited Skills (include but are not limited to): Handstand at prep level
DISMOUNTS	Allowable Skills: <ul style="list-style-type: none"> Pop Offs from extended level Cradles from Extension Prep, Extensions, and any prep level single leg group stunts are limited to 1 1/4 twisting rotation Non-twisting two trick cradles only from Extension Prep. Only Straight and 1/4 turn Cradles from extended single leg stunts Single based stunts may perform Straight Cradles provided the required spotter is in place. Prohibited Skills (include but are not limited to): Dismounts to different bases
RELEASE MOVES	Allowable Skills: <ul style="list-style-type: none"> A flyer may be released from prep level or below and land at prep level or below provided they begin and remain in a non-inverted position throughout the transition. Half Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt. Prohibited Skills (include but are not limited to): Bases may not free toss a flyer to all new bases.
TOSSES	Allowable Skills: <ul style="list-style-type: none"> Flyer limited to single trick toss skills and may not exceed 1 1/4 twisting rotations (clarification: single trick non-twisting skills that require flyer to open to an Arch position following the skill are allowed). Prohibited Skills (include but are not limited to): Tosses that intentionally travel, Tuck Star/Ball X, Flipping (front or back)
PYRAMIDS	Allowable Skills: Pyramids must follow Level 3 stunts, release moves, dismounts, and inversions rules and are allowed up to 2-high with the following allowances: <ul style="list-style-type: none"> Braced release moves to a non-inverted body position provided: <ol style="list-style-type: none"> The flyer is continuously braced on at least one side by a prep level or below stunt, with hand/arm contact only The flyer does not intentionally travel during the release move It incorporates no more than a 1/2 twist by the flyer Braced release moves to an upright body position may be performed over the bracers' arms ONLY, while maintaining contact with the other arm of each bracer waist level or below 1 full twist by the flyer provided the flyer is not released from the base/spotter. If the flyer is full or 3/4 twisting to or from extended level, the flyer must be connected by hand/arm to 1 bracer at prep level or below. Extended single leg stunts braced to other extended two leg stunts Braced Rolls originating from prep level or below and landing prep level or below Prohibited Skills (include but are not limited to): Release moves that travel over the legs and/or core of the bracer's body, collapsible pyramids, and braced front/ back flips.

CHOREOGRAPHY - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in pace and flow of routine, transitions, visual effects, level changes, percentage of team incorporation.
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PERFORMANCE OF ROUTINE/MOTIONS - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in quality of presentation, synchronization, enthusiasm, showmanship, confidence, crowd appeal, motion technique/placement/variety.
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DANCE DIFFICULTY - By MAJORITY of Team - Max Score: 6.0

5.5 - 6.0	Teams ability to demonstrate excellence in dance energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork and floorwork.
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DANCE EXECUTION - By MAJORITY of Team - Max Score: 5.0

4.5 - 5.0	Teams ability to demonstrate excellence in dance technique and placement, sharpness and overall control of movement.
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SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW & ON THE FOLLOWING PAGE)

0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT

JUMP DIFFICULTY - Max Score: 10.0

See Glossary for Examples of Advanced/Basic Jumps

Consecutive, connected, synchronized jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.

Variety will be defined as 2 or more different jumps.

0	Zero skills performed
6.0	<ul style="list-style-type: none"> Basic jump(s) 1 advanced jump 2 synchronized non-consecutive advanced jumps by LESS THAN majority
7.0	2 synchronized non-consecutive advanced jumps by MAJORITY
8.0	2 synchronized consecutive connected advanced jumps by LESS THAN majority, PLUS one additional advanced jump
9.0	<ul style="list-style-type: none"> 2 or 3 synchronized consecutive connected advanced jumps with NO VARIETY 2 synchronized consecutive connected advanced jumps with NO VARIETY by MAJORITY, PLUS one additional advanced jump by MAJORITY.
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by majority of team, PLUS one additional advanced jump by MAJORITY. (Variety MUST be in the connected jumps).

STUNT DIFFICULTY - By MAJORITY of Team - Max Score: 15.0

0	Zero skills performed
12.0 - 12.4	Team did not perform the minimum requirements to meet majority
12.5 - 12.9	1/4 Twist Variations are encouraged <ul style="list-style-type: none"> Single based waist level single leg stunt Single based prep level two leg stunt Prep level single leg stunt Extended two leg stunt
13.0 - 13.4	<ul style="list-style-type: none"> Extended Single Leg Variations 1/2 twist Superman transitions 1/2 twist mounts to two leg extended stunts Forward Suspended Rolls Ground level inversions directly to extended stunts Release Move to Prone
13.5 - 15.0	<ul style="list-style-type: none"> Forward Suspended Rolls with one full twist rotation Free standing release moves that land at prep level Full twist stunts to prep level stunts 1/2 twist stunts to extended single leg stunts Ground level inversion full twist to prep level stunts Ground level inversion 1/2 twist to extended stunts

YCADA NA Level 3 Non-Tumbling



PYRAMID DIFFICULTY - By MAJORITY of Team - Max Score: 15.0

A pyramid will be defined as stunt(s) connected to other stunt(s).

0	Zero skills performed
12.0 - 12.4	Team did not perform the minimum requirements to meet majority
12.5 - 12.9	<ul style="list-style-type: none"> Extended two leg stunts braced on both or one side Prep level single leg stunts braced on both or one side 1/2 twist pyramid transition to prep level two leg stunt
13.0 - 13.4	<ul style="list-style-type: none"> Extended single leg stunts braced on both or one side 1/2 twist pyramid transition to prep level single leg stunt 1/2 twist pyramid transition to extended level stunt Braced release moves to cradle braced on one side with one or more trick Ground Level Braced Pyramid inversion to prep level Extended Two Leg Stunt Braced to other Extended Two Leg Stunts
13.5 - 15.0	<ul style="list-style-type: none"> Braced release moves to an upright standing body position that land at the extended level Braced release moves to a non-upright body position braced on both sides 3/4 twist or greater non-release transitions to extended level Extended single leg stunts braced to other extended two leg stunts 1/2 twist release moves that land at extended level

DISMOUNT DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
7.5 - 7.9	<ul style="list-style-type: none"> Straight Ride cradles 1/4 twist cradles
8.0 - 8.4	Alternate non twisting cradles (i.e. Toe Touch, Pike Arch)
8.5 - 8.9	<ul style="list-style-type: none"> Non-twisting two trick cradles from Extension Prep Single twist cradles from prep level single leg stunts or extended double leg stunts
9.0 - 10.0	<ul style="list-style-type: none"> Non-twisting two trick cradles from Extension Single twisting cradles from extended single leg stunts Two Trick Cradles that include a Single Twist from Prep Level Double twist cradle from double leg prep level and above

TOSS DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
7.0	Team did not perform the minimum requirements to meet majority
8.0	Straight Ride Tosses
9.0	High Range Skills by LESS THAN Majority
10.0	<ul style="list-style-type: none"> Single trick non-twisting tosses (i.e. kick, pike, tuck, toe touch) Single twisting toss

STUNT CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT

PYRAMID CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT



NA LEVEL 3 NON-TUMBLING - BUILDING

TEAM NAME: _____ DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Stunt Difficulty	15	
Stunt Execution/Technique	1	
Pyramid Difficulty	15	
Pyramid Execution/Technique	1	
Dismount Difficulty	10	
Dismount Execution/Technique	1	
Comments:		
TOTAL MAX POINTS		TOTAL SCORE
43		



NA LEVEL 3 NON-TUMBLING - JUMPS & TOSSES

TEAM NAME: _____ DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Jump Difficulty	10	
Jump Execution/Technique	1	
Toss Difficulty	10	
Toss Execution/Technique	1	
Comments:		
TOTAL MAX POINTS		TOTAL SCORE
22		



NA LEVEL 3 NON-TUMBLING - OVERALL

TEAM NAME: _____ DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Choreography	10	
Performance of Routine/Motions	10	
Dance Difficulty	6	
Dance Execution/Technique	5	
Stunt Creativity	2	
Pyramid Creativity	2	
Comments:		
TOTAL MAX POINTS		TOTAL SCORE
35		

NA CHEER LEVEL 4.2 RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Levels 1*-3* are legal for Level 4.2*. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 1.0 point deduction.**

STANDING & RUNNING TUMBLING	Allowable Skills: All airborne skills with hand support are allowed. Including, but not limited to: Standing <ul style="list-style-type: none"> Single Front/Back Handspring Single Front/Back Handspring Step Out Advanced Jump to Single Handspring/Handspring Step Out Dive Rolls Running <ul style="list-style-type: none"> Series Front/Back Handsprings Series Front/Back Handspring Step Out Prohibited Skills (include but are not limited to): Flips in any body position (i.e. Aerials, Tucks, Pikes, Layouts, X-Outs, and Whips).
STUNTS	Allowable Skills: <ul style="list-style-type: none"> 1 1/2 twists during load ins or stunt transitions (may change bases) Prohibited Skills (include but are not limited to): Two full twist stunt transitions
INVERSIONS	Allowable Skills: <ul style="list-style-type: none"> Inversions with 1 1/2 twists Downward/Exit Inversions from prep level or below Two-leg pancake at prep level or below Prohibited Skills (include but are not limited to): Inversion exits from extended level
DISMOUNTS	Allowable Skills: <ul style="list-style-type: none"> 2 1/4 twist cradles from two leg stunts 1 1/4 twist cradles from single leg stunts Two Trick cradles with no more than 1 1/4 full twist Cradles from single based stunts with the required spotter including: <ul style="list-style-type: none"> * Straight and 1/4 twist cradles from single leg stunts * 1 Full twist cradle from two leg stunts Cradle dismounts to different bases that originate from prep level or below (bases must be in place and not involved in other choreography prior to the start of the dismount). Dismounts from an inverted position may not twist. Prohibited Skills (include but are not limited to): Flip/flipping dismounts
RELEASE MOVES	Allowable Skills: <ul style="list-style-type: none"> Freestanding release moves provided: <ol style="list-style-type: none"> Does not exceed 18" above the hands of the bases at the extended level (example: Tic Tocs) Does not exceed 1 1/2 twists Returns to a stunt or load in. Non-twisting Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt. Prohibited Skills (include but are not limited to): Twisting Helicopters, Bases may not free toss a flyer to all new bases.
TOSSES	Allowable Skills: <ul style="list-style-type: none"> Flyer limited to perform two tricks and may not exceed 2 1/4 twisting rotations Prohibited Skills (include but are not limited to): Flipping tosses (front or back), tosses that intentionally travel.
PYRAMIDS	Allowable Skills: Pyramids must follow stunts, dismounts, inversions, and release moves rules and are allowed up to 2-high only, with the following allowances: <ul style="list-style-type: none"> A flyer may pass through up to 2 1/2 high if the flyer is braced on one side by a double leg prep level stunt. A flyer may pass through an inverted position provided they remain in contact with a base(s) that is in direct weight bearing contact with the performance surface. A flyer may pass through an inverted position, provided: <ol style="list-style-type: none"> The flyer remains in contact with a base/spotter and 2 different bracers at prep level or below on 2 different sides of the flyer The flyer lands in a non-inverted position The flyer does NOT remain in an inverted position and travel downwards towards the performance surface from extended level. Braced front and back flips provided: <ol style="list-style-type: none"> Both flyer's hands/arms are connected to at least one bracer by hand/arm only The transition must be to and from original group Flyer does not perform any twisting skill during the inversion A flyer MAY move over another flyer provided: <ol style="list-style-type: none"> They are at prep level or below They are connected to that flyer and remain in a non-inverted position. If transitioning to new bases, the released, non-inverted flyer is caught by 2 catchers who are stationary and visually attentive to the flyer that is being released and not involved in additional choreography when the bases begin to dip for the release. Released transitions that must be continuous, and the weight of the released flyer may not be directly borne on another flyer. Extended single leg stunt that braces another Extended single leg stunt Prohibited Skills (include but are not limited to): Twisting front/back braced flips

CHOREOGRAPHY - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in pace and flow of routine, transitions, visual effects, level changes, percentage of team incorporation.
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PERFORMANCE OF ROUTINE/MOTIONS - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in quality of presentation, synchronization, enthusiasm, showmanship, confidence, crowd appeal, motion technique/placement/variety.
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DANCE DIFFICULTY - By MAJORITY of Team - Max Score: 5.0

4.5 - 5.0	Teams ability to demonstrate excellence in dance energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork and floorwork.
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DANCE EXECUTION - By MAJORITY of Team - Max Score: 5.0

4.5 - 5.0	Teams ability to demonstrate excellence in dance technique and placement, sharpness and overall control of movement.
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SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW & ON THE FOLLOWING PAGE)

0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT

JUMP DIFFICULTY - Max Score: 10.0

See Glossary for Examples of Advanced/Basic Jumps

Consecutive, connected, synchronized jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.

Variety will be defined as 2 or more different jumps.

0	Zero skills performed
6.0	<ul style="list-style-type: none"> Basic jump(s) 1 advanced jump 2 synchronized non-consecutive advanced jumps by LESS THAN majority
7.0	<ul style="list-style-type: none"> 2 synchronized non-consecutive advanced jumps by MAJORITY
8.0	<ul style="list-style-type: none"> 2 synchronized consecutive connected advanced jumps by LESS THAN majority, PLUS one additional advanced jump
9.0	<ul style="list-style-type: none"> 2 or 3 synchronized consecutive connected advanced jumps with NO VARIETY 2 synchronized consecutive connected advanced jumps with NO VARIETY by MAJORITY, PLUS one additional advanced jump by MAJORITY.
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by MAJORITY, PLUS one additional advanced jump by MAJORITY. (Variety MUST be in the connected jumps).

STUNT DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
7.0 - 7.4	Team did not perform the minimum requirements to meet majority
7.5 - 7.9	<ul style="list-style-type: none"> Extended Single Leg Variations 1/2 twist Superman transitions 1/2 twist mounts to two leg extended stunts Forward Suspended Rolls Ground level inversions directly to extended stunts Release Move to Prone Ground level inversion full twist to prep level stunts Ground level inversion 1/2 twist to extended stunts
8.0 - 8.4	<ul style="list-style-type: none"> Forward Suspended Rolls with one full twist rotation Free standing release moves that land at prep level Full twist stunts to prep level stunts 1/2 twist stunts to extended single leg stunts Ground level inversion to prep level with full twist or greater Ground level inversion to extended level with 1/2 twist or greater
8.5 - 10.0	<ul style="list-style-type: none"> Full twist stunts/transitions to extended level stunt Full Twist Ground level inversions directly to extended level stunt Twisting Stunts to prep level greater than one full twist Release moves to extended level (Tic Tocs, Switch Ups, Ball Ups, etc.) Released inversion to extended level

YCADA NA Level 4.2



PYRAMID DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

A pyramid will be defined as stunt(s) connected to other stunt(s).

0	Zero skills performed
7.0 - 7.4	Team did not perform the minimum requirements to meet majority
7.5 - 7.9	<ul style="list-style-type: none"> Extended single leg stunts braced on both or one side 1/2 twist pyramid transition to prep level single leg stunt 1/2 twist pyramid transition to extended level stunt Braced release moves to cradle braced on one side with one or more trick Ground Level Braced Pyramid inversion to prep level Extended Two Leg Stunt Braced to other Extended Two Leg Stunts
8.0 - 8.4	<ul style="list-style-type: none"> Braced release moves to an upright standing body position that land at the extended level Braced release moves to a non-upright body position braced on both sides 3/4 twist or greater non-release transitions to extended level Extended single leg stunts braced to other extended two leg stunts 1/2 twist release moves that land at extended level
8.5 - 10.0	<ul style="list-style-type: none"> Twisting release moves greater than half twist that land at extended level Extended single leg stunts braced to other Extended single leg stunts (Paper Dolls) Braced inversion transitions (Flat Back, Roll Up) directly to Extended Braced Flips braced on BOTH Sides

DISMOUNT DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
8.5	Team did not perform the minimum requirements to meet majority
9.0	<p>Must perform (2) different skills:</p> <ul style="list-style-type: none"> 1/4 Twist Cradles from prep level single leg OR extended two leg stunt Non-twisting Alternate Cradles (i.e. Toe Touch, Kick, Ball, Pike etc.) Single Twist Cradle from prep level two leg stunts
9.5	<p>Must perform (2) different skills:</p> <ul style="list-style-type: none"> Two trick non-twisting cradles from Extension Prep Single twist cradles from extended two leg stunts Single twist cradles from prep level single leg stunts High Range Skills by LESS THAN Majority
10.0	<p>Must perform (2) different skills:</p> <ul style="list-style-type: none"> Single twisting cradles from extended single leg stunts Two Trick Cradles that include a Single Twist from Prep Level Double twist cradle from double leg prep level and above

TUMBLING DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
7.0 - 7.4	Team did not perform the minimum requirements to meet majority
7.5 - 7.9	<ul style="list-style-type: none"> Cartwheels Round Offs Back Limber to Kickover
8.0 - 8.4	<ul style="list-style-type: none"> Front/Back Walkovers Switch Leg Walkovers Valdezes
8.5 - 10.0	<ul style="list-style-type: none"> Running/Standing Single Front/Back Handspring/Handspring Step Out Advanced Jumps to Back Handspring Running with Series Back Handsprings

TOSS DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
6.0	Team did not perform the minimum requirements to meet majority
7.0	Straight Ride Tosses
8.0	Single trick non-twisting tosses (i.e. kick, pike, tuck, toe touch) by LESS THAN majority
9.0	<ul style="list-style-type: none"> Non-twisting two trick toss by MAJORITY (examples: Pike-Star, Pretty Flyer-Kick) Single twisting toss High Range Skills by LESS THAN Majority
10.0	<ul style="list-style-type: none"> Two Trick non-twisting toss Two trick toss that includes a single twist (example: Kick Full) Double twisting toss

STUNT CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT

PYRAMID CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT

NA CHEER LEVEL 4 RULES GRID

Review all Cheer Levels Grids, General Safety Rules, Categories, Penalty Info and Cheer Glossary for clarification of terms. All skills allowed in Levels 1*-3* are legal for Level 4*. YCADA levels provide safety by limiting athletes to ability-appropriate skills. Consider the team's overall skill abilities, with extra attention to stunting and tumbling, when selecting a level. Any NEW rule changes are marked in **RED**. **Performing skills from a more advanced level will result in a 1.0 point deduction.**

STANDING & RUNNING TUMBLING	Allowable Skills: Standing <ul style="list-style-type: none"> Standing Tuck (may be preceded by Handspring/Handspring Series) Forward 3/4 flips to the seat Running <ul style="list-style-type: none"> Flips are allowed in any body position provided they do not exceed one flipping and one twisting rotation and there is no other tumbling skill(s) after the flip (exception: tumbling out of/after a front tuck or Arabian is allowed). Prohibited Skills (include but are not limited to): Double Fulls
STUNTS	Allowable Skills: <ul style="list-style-type: none"> 1 1/2 twists during load ins or stunt transitions (may change bases) Prohibited Skills (include but are not limited to): Two full twist stunt transitions
INVERSIONS	Allowable Skills: <ul style="list-style-type: none"> Inversions with 1 1/2 twists Downward/Exit Inversions from prep level or below Two-leg pancake at prep level or below Prohibited Skills (include but are not limited to): Inversion exits from extended level
DISMOUNTS	Allowable Skills: <ul style="list-style-type: none"> 2 1/4 twist cradles from two leg stunts 1 1/4 twist cradles from single leg stunts Two Trick cradles with no more than 1 1/4 full twist Cradles from single based stunts with the required spotter including: <ul style="list-style-type: none"> * Straight and 1/4 twist cradles from single leg stunts * 1 Full twist cradle from two leg stunts Cradle dismounts to different bases that originate from prep level or below (bases must be in place and not involved in other choreography prior to the start of the dismount). Dismounts from an inverted position may not twist. Prohibited Skills (include but are not limited to): Flip/flipping dismounts
RELEASE MOVES	Allowable Skills: <ul style="list-style-type: none"> Freestanding release moves provided: <ol style="list-style-type: none"> Does not exceed 18" above the hands of the bases at the extended level (example: Tic Tocs) Does not exceed 1 1/2 twists Returns to a stunt or load in. Non-twisting Helicopters provided there are separate spotters at the flyer's head and shoulders at both the start and end of the stunt. Prohibited Skills (include but are not limited to): Twisting Helicopters, Bases may not free toss a flyer to all new bases.
TOSSES	Allowable Skills: <ul style="list-style-type: none"> Flyer limited to perform two tricks and may not exceed 2 1/4 twisting rotations Prohibited Skills (include but are not limited to): Flipping tosses (front or back), tosses that intentionally travel.
PYRAMIDS	Allowable Skills: Pyramids must follow stunts, dismounts, inversions, and release moves rules and are allowed up to 2-high only, with the following allowances: <ul style="list-style-type: none"> A flyer may pass through up to 2 1/2 high if the flyer is braced on one side by a double leg prep level stunt. A flyer may pass through an inverted position provided they remain in contact with a base(s) that is in direct weight bearing contact with the performance surface. A flyer may pass through an inverted position, provided: <ol style="list-style-type: none"> The flyer remains in contact with a base/spotter and 2 different bracers at prep level or below on 2 different sides of the flyer The flyer lands in a non-inverted position The flyer does NOT remain in an inverted position and travel downwards towards the performance surface from extended level. Braced front and back flips provided: <ol style="list-style-type: none"> Both flyer's hands/arms are connected to at least one bracer by hand/arm only The transition must be to and from original group Flyer does not perform any twisting skill during the inversion A flyer MAY move over another flyer provided: <ol style="list-style-type: none"> They are at prep level or below They are connected to that flyer and remain in a non-inverted position. If transitioning to new bases, the released, non-inverted flyer is caught by 2 catchers who are stationary and visually attentive to the flyer that is being released and not involved in additional choreography when the bases begin to dip for the release. Released transitions that must be continuous, and the weight of the released flyer may not be directly borne on another flyer. Extended single leg stunt that braces another Extended single leg stunt Prohibited Skills (include but are not limited to): Twisting front/back braced flips

CHOREOGRAPHY - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in pace and flow of routine, transitions, visual effects, level changes, percentage of team incorporation.
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PERFORMANCE OF ROUTINE/MOTIONS - By MAJORITY of Team - Max Score: 10.0

9.0 - 10.0	Teams ability to demonstrate excellence in quality of presentation, synchronization, enthusiasm, showmanship, confidence, crowd appeal, motion technique/placement/variety.
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DANCE DIFFICULTY - By MAJORITY of Team - Max Score: 5.0

4.5 - 5.0	Teams ability to demonstrate excellence in dance energy, pace, creativity, variety, incorporation of visuals, transitions, level changes, footwork and floorwork.
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DANCE EXECUTION - By MAJORITY of Team - Max Score: 5.0

4.5 - 5.0	Teams ability to demonstrate excellence in dance technique and placement, sharpness and overall control of movement.
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SKILL CATEGORIES TECHNIQUE/EXECUTION - Max Score: 1.0 (APPLY TO ALL CATEGORIES BELOW & ON THE FOLLOWING PAGE)

0	Zero skills performed
0.1 - 0.2	MINIMAL/INCONSISTENT
0.3 - 0.4	MODERATE
0.5 - 0.7	GOOD
0.8 - 1.0	EXCELLENT

JUMP DIFFICULTY - Max Score: 10.0

See Glossary for Examples of Advanced/Basic Jumps

Consecutive, connected, synchronized jumps will be defined as two or more jump(s) following continuously in an unbroken sequence.

Variety will be defined as 2 or more different jumps.

0	Zero skills performed
6.0	<ul style="list-style-type: none"> Basic jump(s) 1 advanced jump 2 synchronized non-consecutive advanced jumps by LESS THAN majority
7.0	<ul style="list-style-type: none"> 2 synchronized non-consecutive advanced jumps by MAJORITY
8.0	<ul style="list-style-type: none"> 2 synchronized consecutive connected advanced jumps by LESS THAN majority, PLUS one additional advanced jump
9.0	<ul style="list-style-type: none"> 2 or 3 synchronized consecutive connected advanced jumps with NO VARIETY 2 synchronized consecutive connected advanced jumps with NO VARIETY by MAJORITY, PLUS one additional advanced jump by MAJORITY.
10.0	2 synchronized consecutive connected advanced jumps WITH VARIETY by MAJORITY, PLUS one additional advanced jump by MAJORITY. (Variety MUST be in the connected jumps).

STUNT DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
7.0 - 7.4	Team did not perform the minimum requirements to meet majority
7.5 - 7.9	<ul style="list-style-type: none"> Extended Single Leg Variations 1/2 twist Superman transitions 1/2 twist mounts to two leg extended stunts Forward Suspended Rolls Ground level inversions directly to extended stunts Release Move to Prone Ground level inversion full twist to prep level stunts Ground level inversion 1/2 twist to extended stunts
8.0 - 8.4	<ul style="list-style-type: none"> Forward Suspended Rolls with one full twist rotation Free standing release moves that land at prep level Full twist stunts to prep level stunts 1/2 twist stunts to extended single leg stunts Ground level inversion to prep level with full twist or greater Ground level inversion to extended level with 1/2 twist or greater
8.5 - 10.0	<ul style="list-style-type: none"> Full twist stunts/transitions to extended level stunt Full Twist Ground level inversions directly to extended level stunt Twisting Stunts to prep level greater than one full twist Release moves to extended level (Tic Tocs, Switch Ups, Ball Ups, etc.) Released inversion to extended level

PYRAMID DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

A pyramid will be defined as stunt(s) connected to other stunt(s).

0	Zero skills performed
7.0 - 7.4	Team did not perform the minimum requirements to meet majority
7.5 - 7.9	<ul style="list-style-type: none"> Extended single leg stunts braced on both or one side 1/2 twist pyramid transition to prep level single leg stunt 1/2 twist pyramid transition to extended level stunt Braced release moves to cradle braced on one side with one or more trick Ground Level Braced Pyramid inversion to prep level Extended Two Leg Stunt Braced to other Extended Two Leg Stunts
8.0 - 8.4	<ul style="list-style-type: none"> Braced release moves to an upright standing body position that land at the extended level Braced release moves to a non-upright body position braced on both sides 3/4 twist or greater non-release transitions to extended level Extended single leg stunts braced to other extended two leg stunts 1/2 twist release moves that land at extended level
8.5 - 10.0	<ul style="list-style-type: none"> Twisting release moves greater than half twist that land at extended level Extended single leg stunts braced to other Extended single leg stunts (Paper Dolls) Braced inversion transitions (Flat Back, Roll Up) directly to Extended Braced Flips braced on BOTH Sides

DISMOUNT DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
8.5	Team did not perform the minimum requirements to meet majority
9.0	<p>Must perform (2) different skills:</p> <ul style="list-style-type: none"> 1/4 Twist Cradles from prep level single leg OR extended two leg stunt Non-twisting Alternate Cradles (i.e. Toe Touch, Kick, Ball, Pike etc.) Single Twist Cradle from prep level two leg stunts
9.5	<p>Must perform (2) different skills:</p> <ul style="list-style-type: none"> Two trick non-twisting cradles from Extension Prep Single twist cradles from extended two leg stunts Single twist cradles from prep level single leg stunts High Range Skills by LESS THAN Majority
10.0	<p>Must perform (2) different skills:</p> <ul style="list-style-type: none"> Single twisting cradles from extended single leg stunts Two Trick Cradles that include a Single Twist from Prep Level Double twist cradle from double leg prep level and above

TUMBLING DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
7.0 - 7.4	Team did not perform the minimum requirements to meet majority
7.5 - 7.9	<ul style="list-style-type: none"> Running/Standing Single Front/Back Handsprings/Handspring Step Out Advanced Jumps to Back Handspring Running with Series Back Handsprings
8.0 - 8.4	<ul style="list-style-type: none"> Consecutive Standing Handsprings Series Side Aerials Advanced Jumps continuously to Back Handspring Series Standing Handspring Tuck Running Front Tuck Round Off Back Tucks Round off Back Handspring Back Tucks
8.5 - 10.0	<ul style="list-style-type: none"> Standing Tuck Advanced Jumps Continuously to Back Handspring Back Tuck Advanced Jumps Continuously to Back Tuck Pike Layout Specialty Pass including whip Full Twist Flips

TOSS DIFFICULTY - By MAJORITY of Team - Max Score: 10.0

0	Zero skills performed
6.0	Team did not perform the minimum requirements to meet majority
7.0	Straight Ride Tosses
8.0	Single trick non-twisting tosses (i.e. kick, pike, tuck, toe touch) by LESS THAN majority
9.0	<ul style="list-style-type: none"> • Non-twisting two trick toss by MAJORITY (examples: Pike-Star, Pretty Flyer-Kick) • Single twisting toss • High Range Skills by LESS THAN Majority
10.0	<ul style="list-style-type: none"> • Two Trick non-twisting toss • Two trick toss that includes a single twist (example: Kick Full) • Double twisting toss

STUNT CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT

PYRAMID CREATIVITY - Max Score: 2.0

1.5 - 1.6	MINIMAL/MODERATE
1.7 - 1.8	GOOD
1.9 - 2.0	EXCELLENT



NA LEVELS 2-4 - BUILDING

TEAM NAME: _____ DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Stunt Difficulty	10	
Stunt Execution/Technique	1	
Pyramid Difficulty	10	
Pyramid Execution/Technique	1	
Dismount Difficulty	10	
Dismount Execution/Technique	1	

Comments:

TOTAL MAX POINTS	TOTAL SCORE
33	



NA LEVELS 2-4 - JUMPS & TUMBLING

TEAM NAME: _____ DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Jump Difficulty	10	
Jump Execution/Technique	1	
Tumbling Difficulty	10	
Tumbling Execution/Technique	1	
Toss Difficulty	10	
Toss Execution/Technique	1	
Comments:		
TOTAL MAX POINTS		TOTAL SCORE
33		



NA LEVELS 2-4 - OVERALL

TEAM NAME: _____ DIVISION: _____

ELEMENTS & CRITERIA	MAX POINTS	SCORE
Choreography	10	
Performance of Routine/Motions	10	
Dance Difficulty	5	
Dance Execution/Technique	5	
Stunt Creativity	2	
Pyramid Creativity	2	
Comments:		
TOTAL MAX POINTS		TOTAL SCORE
34		

NA CHEER PENALTY INFO

RULES PENALTIES:

1.0 POINT deducted from your total possible score for each violation of any of the NA Cheer General Safety Rules

1.0 POINT deducted from your total possible score for each violation of any of the requirements in the NA Cheer Levels Grid.

Please refer to the NA Cheer General Safety Rules and Levels Grid for specific skill allowances and restrictions. **A rules judge may never take a rules deduction where no rule is being violated.**

EXECUTION PENALTIES:

TUMBLING

TUMBLING TOUCH - 0.2 POINT (per occurrence) deducted from your total possible score for any touch to the performance surface during execution of or following the landing of any tumbling skill. Includes head, hand, elbow, arm, knee and leg.

TUMBLING FALL - 0.4 POINT (per occurrence) deducted from your total possible score for each FALL on tumbling skills. Tumbling falls are any time the majority of the tumbler's body comes in contact with the performance surface either on an over rotation or under rotation during the attempted skill.

STUNT SKILLS*

STUNT BOBBLE - 0.2 POINT (per occurrence) deducted from your total possible score for each obvious Stunt Bobbles on a stunt/toss skill. Stunt Bobbles will be defined as any of the following: (1) obvious breaks in bodyline and/or body positions of the flyer (2) excessive movement by bases greater than the width of one panel mat (3) stunts that almost fall but recover (4) obvious incomplete twisting of the flyer (i.e. flyer lands prone when intending to land in cradle). (5) **Drops to the performance surface from a nugget, thigh stand and/ or waist level style stunt on to their feet.** Stunt Bobbles that precede a Stunt Fall will not be counted in the total deduction. The largest deduction will supersede the total number of Stunt Bobble deductions.

STUNT FALL - 0.8 POINT (per occurrence) deducted from your total possible score for each Stunt Fall on a stunt/toss skill by any member of the stunt group/partner stunt. A Stunt Fall will be defined as any of the following: (1) stunt/toss that fails to execute intended skill (is lowered or dropped below its intended level) OR the flyers legs are no longer "locked out" (2) the flyer is no longer in an upright body position (3) one member of a stunt group/partner stunt other than the flyer falls to the performance surface (4) **Drops to the performance surface from a nugget, thigh stand and/ or waist level style stunt on to a body part other than their feet.**

MAJOR STUNT FALL - 1.0 POINT (per occurrence) deducted from your total possible score for each FALL on a stunt/toss skill in which the flyer's body (other than their feet/foot) hits the floor and/or a FALL by multiple members of the stunt group.

**The category "stunt/toss skills" will include stunts, dismounts, inversions, release moves, pyramids, tosses, etc. for the purpose of simplifying penalty descriptions. Each member of the stunt group will be considered part of the stunt in relation to a fall. (i.e. any member of the stunt group falling to the ground would be considered a fall).*

BOUNDARY PENALTY:

0.1 POINT (per occurrence) deducted from your total possible score for each STEP OR TOUCH OUT OF BOUNDS with any part of the body. Boundary will be defined as the performance surface and any immediate adjacent safety border.

TIME LIMIT PENALTIES:

0.4 POINT deducted from your total possible score if your routine goes 4 SECONDS OR MORE OVER time requirements.



NA CHEER & DANCE PENALTY/DEDUCTION SHEET

TEAM NAME: _____

CHEER CATEGORY: C CNT
(circle one)

LEVEL: 1 Limited 1 2 3 4
(circle one)

DANCE CATEGORY: DPM DHH DTH
(circle one)

DIVISION: _____ TEAM SIZE: S M L

RULES PENALTIES:			
	# of Occurrences x Penalty for Violation	Deductions	
Boundary Violation	_____ x (0.1)		
Total Time of Routine: _____	OVERTIME <input type="checkbox"/> 4+ seconds (0.4)		
Cheer General Safety/Dance Routine Guidelines			
Section #	Deduction Description	# of Occurrences x Penalty for Violation	Deductions
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
Cheer Levels Grid/Dance General Rules			
Section #	Deduction Description	# of Occurrences x Penalty for Violation	Deductions
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
		_____ x (1.0)	
EXECUTION PENALTIES:			
Skill Category	Deduction Description	# of Occurrences x Penalty for Violation	Deductions
Tumbling	Touch on Tumbling Skills:	_____ x (0.2)	
Tumbling	Falls on Tumbling Skills:	_____ x (0.4)	
Stunts	Bobbles on Stunt Skills:	_____ x (0.2)	
Stunts	Falls on Stunt Skills:	_____ x (0.8)	
Stunts	Major Falls on Stunt Skills:	_____ x (1.0)	
TOTAL POINTS DEDUCTED:			

NA COACH'S CHEAT SHEET

NA CHEER DIVISIONS

This chart lists the **MINIMUM** number of **individual skills that an athlete or stunt group must successfully execute to score in any given range**. Performing **ONLY** these quantities without additional skills, would score at the **BOTTOM** of any range. Team scores in any difficulty category are based on comparative scoring to other teams in their division. **All skill categories (with the exception of JUMPS) allow cumulative/recycled skills (example: 9 athletes performing the same skill twice = 18).**

- The **# of Athletes** column is how many athletes are on the competition floor for your team.
- The **Standing and Running Tumbling** column is how many athletes must perform the listed tumbling skills in the scoring rubric to qualify for any given range.
- The **Jumps & Motions** column is how many athletes must perform the same jumps or motions to qualify for any given range.
- The **Stunts & Tosses** column is how many stunt/toss groups must perform the stunt, dismount or toss to qualify for any given range.
- **Pyramid Difficulty:** Teams will qualify for a particular pyramid difficulty range by performing any of the listed skills in a particular scoring range according to the number associated with the number of athletes below.

(MAJORITY IS CONSIDERED GREATER THAN 50%)

# OF ATHLETES	MAJORITY STANDING/RUNNING TUMBLING	MAJORITY JUMPS & MOTIONS	MAJORITY STUNTS/PYRAMIDS & TOSSES
6	4	4	1
7	4	4	1
8	5	5	1
9	5	5	1
10	6	6	2
11	6	6	2
12	7	7	2
13	7	7	2
14	8	8	2
15	8	8	2
16	9	9	3
17	9	9	3
18	10	10	3
19	10	10	3
20	11	11	3
21	11	11	3
22	12	12	3
23	12	12	3
24	13	13	4
25	13	13	4
26	14	14	4
27	14	14	4
28	15	15	4
29	15	15	4
30	16	16	4
31	16	16	4
32	17	17	5
33	17	17	5
34	18	18	5
35	18	18	5
36	19	19	5

NA SCORING GRIDS & SCORE SHEETS

NA CHEER DIVISIONS

The following suggested criteria, grids and score sheets are guidelines by which judges will assess your team's skills and performance. Judges maintain the right to drop your team out of the suggested scoring range if it is determined that the quality of skills being executed is not satisfactory for your level of competition. Judges will actively use comparative scoring to determine the scores a team should receive versus the competition in the division. Therefore a team's score will and may change depending on the level of competition at each event. All elements are determined based on a majority of difficulty and execution/technique displayed by the team.

SCORING CRITERIA FOR EACH POINT RANGE... **MAXIMIZE THESE TO SCORE THE MOST POINTS IN EACH SECTION!**

STUNTS DIFFICULTY:

Percentage of team participation (number of stunts in air simultaneously)
Body positions displayed
Minimal use of bases (use of front spots)
Degree of difficulty
Creativity and variety
Pace of skills

STUNTS EXECUTION/TECHNIQUE:

Control of body position
Level of execution
Body positions and flexibility
Bases using proper technique

DISMOUNTS DIFFICULTY:

Percentage of team participation
Minimal use of bases
Degree of difficulty of dismounts
Creativity & variety

DISMOUNTS EXECUTION/TECHNIQUE:

Pointed toes by flyer at landing
Legs together and uncrossed on landings
Sharpness of landing (how tight are bases catching and set out)
Execution of cradle
Completion of rotation
Height of dismounts
Perfection

PYRAMIDS DIFFICULTY:

Percentage of team participation
Pace of pyramid skills
Body positions and control
Minimal use of bases
Degree of difficulty Level of execution
Creativity & variety
Transitions speed and variety
Height of pyramid skills executed
Combination of skills

PYRAMIDS EXECUTION/TECHNIQUE:

Body positions and control
Height of pyramid skills executed
Control of body position
Level of execution
Body positions and flexibility
Bases using proper technique
Base and spotter technique
Top person technique
Perfection

STANDING/RUNNING TUMBLING DIFFICULTY:

Percentage of team participation
Combinations of skill creativity & variety
Synchronization
Pace and speed of skills
Approach
Landings (clean with feet together)
Degree of difficulty of skills performed

STANDING/RUNNING TUMBLING EXECUTION/TECHNIQUE:

Form
Height of execution
Landings
Pace and speed of skills
Perfection

JUMPS EXECUTION/TECHNIQUE:

Landings
Arm movements
Pointed toes
Level of jumps
Technique, timing, landing
Synchronization

TOSS EXECUTION/TECHNIQUE:

Height of toss
Movement of bases or flyer
Execution of tricks while airborne
Completion of rotations or skills
Perfection
Synchronization

NA CHEER GLOSSARY

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REFERENCE GUIDE FOR SKILLS MENTIONED IN THE YOUTH CHEER LEVELS GRID & GENERAL SAFETY RULES.

1/4 Turn Cradle: A ¼ turn by the flyer to the cradle position. Bases/spotter make the same ¼ turn to catch the flyer.

1/4 Up (Stunt): A twisting stunt/stunt transition in which the flyer and/or bases rotates 90 degrees.

180 (Stunt): A twisting stunt/stunt transition in which the flyer and/or bases rotate 180 degrees. Other related terms include Half Up, 1/2 Twist Load in.

360 (Stunt): A twisting stunt/stunt transition in which the flyer and/or bases rotate 360 degrees. Other related terms include Full Up or Full Around.

Aerial: See Front Aerial, Side Aerial

Airborne Tumbling Skill: A tumbling skill involving hip overhead rotation, becoming free of contact with the performance surface.

Alternate Cradles: Dismount variations in which the flyer executes a trick/body position. Cradle examples include: Toe Touch, Tuck, Kick, Pike. Clarification: the Arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

Alternate Flipping Body Positions (Tumbling): X-Out, Layout, Pike, Step Out, and Whip.

Arabesque: A **single leg** stunt in which the working leg of the flyer is fully extended, parallel to the performance surface and flyer's chest is up (close to 90 degrees).

Arabian: A tumbling skill in which a participant performs a 1/2 twist into a Front Flip. The twist is complete before the rotation of the flip begins and is commonly performed out of a rebound.

Back Handspring: See Handspring

Back Limber: Gymnastic, non-aerial flexibility skill that originates on the feet (back), keeping both legs together and landing in a back bridge position.

Back Limber to Back Walkover: Gymnastic, non-aerial flexibility skill that begins on the feet, keeping both legs together into a back bridge position, then continuing to a back walkover.

Back Walkover: A non-airborne tumbling skill where the athlete moves backward into an arched position, with the hands making contact with the ground first, simultaneously kicking one foot to rotate the hips over the head and land on one foot at a time.

Ball Up: A release move of the flyer, bringing knees to chest and landing in an upright, standing position.

Barrel Roll: A release move where the top person's body rotates at least 360 degrees while remaining parallel to the performance surface.

Base: A person who is in direct weight bearing contact with the performance surface and provides primary support for another person.

Basket Toss: A type of toss with no more than 3 bases, 1 back spotter, where 2 bases use their hands to interlock wrists making a basket weave style grip to be used as a platform for the flyer's feet in the load-in position.

Bow N' Arrow: A single leg stunt in which the Flyer grabs the foot of the working leg with the opposite hand/arm pulling it tight to the torso. The flyer's working leg is kept straight while reaching their free arm to a T motion through the space between their working leg and gripping arm.

Brace/Bracer: A physical pyramid connection where 1 flyer provides stability to another.

Braced Flip: A pyramid stunt in which a top person performs a hip over head rotation while in constant physical contact with **two bracers**. Types of Braced Flips include Braced Front Flip and Braced Back Flip.

Braced Roll: A pyramid stunt in which a top person performs a hip over head rotation while in constant physical contact with both a top person and a person on the performance surface who is part of the stunt group.

Building: See stunt

Bump Down: A stunt dismount skill in which the Flyer transitioned to a sponge/reload position in order to return the flyer to the performance surface.

Cartwheel: A non aerial gymnastic skill where one supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing one foot/leg at a time.

Chair: Stunt in which one or more bases hold the flyer in a sitting position, mimicking a chair.

Consecutive Front/Back Handsprings: See Handspring series.

Consecutive Connected Jumps: The execution of two or more jumps **following continuously in an unbroken sequence**.

Continuous Back Spotter: The sole person during a stunt, who is responsible for the head/shoulders of the flyer. They are located behind or to the side of the flyer for the entire stunt. Does NOT need to have contact with the flyer/stunt group and does not provide primary support to the flyer.

Cradle: A released dismount in which the bases catch the top person below shoulder level with palms up, by placing one arm under the back and the other under the thighs of the top person. The top person must land face up in a Pike position.

Cupie: A two leg group stunt or partner stunt skill in which the flyers feet are together in the hand(s) of the base(s) and knees are straight

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Dismount: A stunt skill, originated by the Spotter/Bases as the final part of a stunt/stunt transition. The flyer is released to a Cradle, released and assisted to the performance surface, or transitioned to a sponge or reload position in order to return the flyer to the performance surface. Examples of dismounts: Step Off Front/Back, Shove Wrap, Bump Down, and Cradle.

Dive Roll: A Forward Roll where the feet leave the ground before the hands reach the ground.

Downward Inversion: A stunt or pyramid skill in which an inverted person's momentum is moving towards the performing surface.

Eighteen Inches above Extended Arm Level: Measured from the end of the fingertips of the bases at a fully extended position overhead to the lowest position of the flyer.

Extended Position: A stunt related term describing anytime the bases take the feet of the flyer above the head of the bases, no matter how momentarily the flyer has passed through the extended position.

Extension: A two leg, extended level stunt in which the flyer's feet are being held by the base(s) in the extended position.

Extension Prep: A two leg, prep level stunt in which the flyer's feet are being held at shoulder level by the bases.

Extension Prep Hitch: A two leg prep level stunt in which one base's hands are at prep level and the other base's hands are at the extended level while the flyer bends their leg on the extended side. The flyer's foot (of working leg) remains in contact with the base's hands. Extension Prep Hitches are not considered single leg stunts.

Fall Back: Flyer dismounts backwards (with or without the feet being held) to catchers who are not the original bases to a cradle from a stunt or pyramid. Also Known as a Fireman Catch.

Flat Back/Arch Back: Stunt in which the flyer has both feet off of the ground, is in a face up position and is supported by at least 2 bases. Extended Flatbacks/Arch Backs are performed with the bases' arms in the extended position and are classified as prep level stunts. All other Flatbacks/Arch Backs are classified as below prep level stunts.

Flip (Tumbling): An airborne tumbling skill in which a participant rotates hips over head with no contact to the performance surface as the body passes through the inverted position.

Flip Body Positions: Common body forms for flips are as follows: Aerial, Tuck, Pike, and Layout. For alternative body positions see Alternative Flipping Body Positions.

Floorwork: Choreography utilizing maximum performance area, incorporating athletes transitioning from the standing position to the floor on knees, seat, stomach, etc. to create visual effects.

Flyer: A person who receives primary support from another person.

Footwork: The activity of moving from place to place, with full body movement, to create visual effects.

Forward Flipping Leap Frog: Stunt transition in which the flyer performs a front flipping inversion from original bases to new bases, while remaining connected to a post by hand to hand contact.

Forward Roll: A non airborne tumbling skill where one rotates forward through an inverted position by lifting the hips over the head and shoulders while curving the spine.

Forward Suspended Roll: [See Suspended Roll](#)

Front Aerial: An airborne tumbling skill where the participant performs a Front Walkover executed without placing hands on the ground for support.

Front Base (Spotter): A person located in front of the stunt, facing the stunt and added to help control the stunt for the additional safety of the flyer.

Front Handspring: See Handspring

Front Limber: Gymnastic, non-aerial flexibility skill that originates on the hands, keeping both legs together and landing in a back bridge position.

Front Tuck: A flipping tumbling skill performed from a run or forward moving skill in which the participant springs upward and forward in a stretched position and tucks their knees as the body begins to rotate forward.

Front Walkover: A non aerial tumbling skill where one rotates forward through an inverted position to a non inverted position by arching the legs and hips over the head and down to the performance surface landing one foot/leg at a time.

Full Twist: A 360 degree twisting rotation.

Full Up: A stunt/stunt transition in which the flyer rotations 360 degrees during the accent to a prep level or higher stunt.

Group Based Stunts: A stunt using multiple bases for support.

Half: See Extension Prep

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Hand Support (Tumbling): When both hands make contact with the performance surface during a tumbling skill to support the tumbler's weight.

Hand/Arm Connection: The physical contact between two or more participants in which the hand(s)/arm(s) are used to make contact. The hand/arm connection may be any combination of hand and arm (example: hand to hand, hand to arm, arm to arm, hand to wrist).

Handspring: A forward or backward airborne tumbling skill that starts from a standing or running entry in which the participant jumps or rebounds in order to rotate into an inverted position then blocks off the hands to return upright and land on their feet. To block off the hands is to put weight on the arms when in the handstand position and using a strong push from the shoulders to complete the rotation and land on the feet.

Handspring Series: A tumbling term used to describe a participant's performance of two or more consecutive handsprings

Handstand: A straight body inverted position where the arms are extended straight by the head and ears.

Heel Stretch: A single leg stunt in which the flyer grips the foot of the working leg with the same side hand/arm pulling to the leg.

Helicopter: Flyer in a supine (face up) horizontal position is released and rotates in the horizontal plane around the vertical axis, before being caught by the original bases in a supine (face up) horizontal position.

Horizontal T-Lift: A stunt in which the top person is supported by bases in a face up or face down horizontal position with the arms in a T-Motion. Two bases are present at the head/armpits of the flyer (one on each armpit), and are responsible for the flyer's head/shoulder area. The additional base/s support the legs/lower body of flyer.

Inversion/Inverted: When the athlete's shoulders are below their waist and both feet are above their head.

Inversion Entry: Inversion skill/stunt which originates from the performance surface.

Inversion Exit: Inversion skill/stunt which transitions to the performance surface.

Jump: An airborne position not involving hip over head rotation created by using one's own feet and lower body power to push off the performance surface.

Advanced jumps include: Right Herkie, Left Herkie, Right Front Hurdler, Left Front Hurdler, Right Side Hurdler, Left Side Hurdler, Toe Touch, Pike, Double Nine
Basic jumps include: pencil jump, tuck jump, spread eagle/X jump

Layout (Tumbling): An airborne tumbling skill that involve hip over head rotation with no contact to the performance surface as the body passes through the inverted position in a stretched and hollow body.

Leap Frog: A flyer is transitioned from one set of bases to another or back to the original bases by in direct hand/hand contact of a base/back spotter. The flyer must remain in continuous contact with the base/back spotter while transitioning.

Liberty: A single leg stunt in which the flyer bends and lifts the working leg so that the instep is at or near the standing leg's knee.

Limber: See Front Limber or Back Limber

Load in: A flyer's position in preparation to build a stunt or skill in between stunts. Common terms: Sponge, One Foot Load In, Two Foot Load in.

New Base(s): Bases previously not in direct contact with the top person of a stunt.

Nugget: A position in which a participant is crouched on the performance surface, face down on the shins and forearms.

Original Base(s): A base which is in contact with the top person during the initiation of the stunt.

Partner Assisted Jumps: A lift limited to 2 athletes where 1 supporting athlete lifts another athlete to an elevated position and the elevated athlete executes a standard style jump.

Partner Cartwheel Inversion: An inversion transitions that requires 2 athletes. 1 base in a lunge position and 1 flyer who performs the cartwheel on the base's lunged position. Base will help guide the cartwheel flyer over and back to the ground.

Partner Pick Up: A lift limited to 2 athletes where 1 supporting athlete lifts another athlete to an elevated position. This skill will not be considered a stunt and therefore exempted from any twisting limitations.

Pendulum: A stunt in which the flyer falls forward and/or backward away from the bases in a lay out position to the required number of catchers while maintaining constant hands to feet/legs contact with the bases. It is not a dismount.

Pike: Body bent forward at the hips while the legs are kept straight.

Pop: A controlled upward throwing motion by a base(s) to release the flyer free from contact with the bases to a cradle catch or assisted to the performance floor. Usually from a shoulder level stunt and above.

Pop Off: Dismount in which the flyer is released by the base/s in a straight bodied position to the performance surface. The spotter and base/s assist the flyer on the landing to slow the momentum to the performance surface.

Post: A participant on the performance surface who may assist a flyer/top person during a stunt/stunt transition.

Power Press: When bases bring the top person from an extended position, down to prep level or below, and then re extend.

Prep: See Extension Prep.

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Pretty Flyer: Commonly used in tosses/dismounts, body position in which the flyer has one leg straight down and the other leg is bent at the knee.

Primary Support: Supporting a majority of the weight of the top person.

Prone Position: A belly down, flat body position.

Prop: An object that can be manipulated. Flags, banners, signs, megaphones, and pieces of cloth are examples of a prop.

Pyramid: Any type of physical contact between flyers. The type of physical contact may include but is not limited to any of the following connections: hand/arm, hand/foot, foot/body.

Release Move: A stunt transition or skill in which the flyer becomes free of contact from anyone within the stunt group that is on the performance surface.

Reload: A stunt transition that returns to the load in position.

Round Off: The tumbler, with a push off on one leg, plants hand(s) on floor while swinging the legs upward in a fast cartwheel motion. The feet snap down together landing at the same time to the performance surface.

Running Tumbling: Tumbling that is performed with a running start and/or involves a step or a hurdle used to gain momentum as an entry to another skill. Any type of forward momentum/movement prior to execution of the tumbling skill(s) is defined as "running tumbling."

Scale: A single leg stunt typically performed with the stunt facing to the side while the Flyer's chest/face are toward the crowd. With the same side hand/arm, the Flyer grips around the back of the straight working leg at the knee/calf/ankle area.

Scorpion: A single leg stunt typically performed with the stunt facing to the side while the Flyer grips their foot/ankle with both hands pulling their working leg behind their body to create a position that mimics a Scorpion's tail.

Seated Position: Anytime a participant is bearing the majority of their weight on their seat.

Shove Wrap: A stunt dismount in which the Flyer's feet are together in a Cupie position, released and re-caught for a slow descent to the performance surface.

Show and Go: A transitional stunt where a stunt passes through an elevated level and lands into a loading position or non extended stunt.

Side Aerial: An airborne tumbling skill where the participant performs a Cartwheel executed without placing hands on the ground for support.

Single Front/Back Handspring: A tumbling term used to describe a participant's performance of one handspring.

Single Based Stunt: A stunt using a single base for support. Other terms include: partner stunt.

Single Leg Stunt: A stunt where the flyer is free from contact from all bases on one of their feet and leg. (Extension Prep Hitches/Two leg Hitches) are not considered single leg stunt because the foot of the flyers working leg remains in contact with the bases hands.

Single Leg Stunt Variations: Liberty, High Torch, Heel Stretch, Arabesque, Scale, Scorpion, Bow and Arrow.

Single Trick Non-Twisting Cradles: Dismount variations in which the flyer executes a single trick position at the highest point. The arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

Single Trick Non-Twisting Toss Skills: Toss skill variations in which the flyer executes a single trick position at the highest point in the ride of the toss. The arch position following the trick does not count as a second trick because it allows the flyer to be safely caught by the bases.

Split Stunts: Stunt positions where the flyer is in a split and is supported by 2 or more bases and a back spotter. Single based split stunts are 1 base and 1 flyer. Flyer is supported in the split position similar to partner ice figure skating lifts.

Sponge: A stunt transition in which the Base(s) bring the flyer from a stunt to the load in position (the Sponge) in transition to another skill. Also know as Smush.

Sponge Toss: A toss with multiple bases. Prior to the toss, feet of the flyer are held in the bases hands at below prep level.

Standing Tumbling: A tumbling skill or series of skills performed from a standing position without any previous forward momentum. Any number of steps backward prior to execution of tumbling skill(s) is defined as "standing tumbling."

Step Off the Front/Back: A stunt dismount in which the flyer steps off the front or back of a prep level or below stunt with the support/assistance of the bases.

Step Out (tumbling): A tumbling skill in which the legs of the athlete are split and the landing is on one foot and then the other. Related terms include: Front/Back Handspring Stepout, Layout Step Out.

Stepping Stone Transition: Transition in which a participant uses teammates as "stepping stones" to walk. Usually using the backs to step on. OR Transition in which a participant walks across fellow participants.

Straight Cradle: A release dismount from a stunt to a cradle position where no skill (i.e. turn, kick, twist, etc.) is performed.

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Straight Ride: The body position of a top person performing a toss that does not involve any trick in the air. It is a straight line position that teaches the flyer to reach and obtain maximum height in toss.

Stunt: Any skill encompassing a load in, stunt transition, dismount or change in elevation. Tosses, pyramids, inversions, dismounts and release moves are considered types of stunt variations for skill category purposes. Anytime the weight of a performer is supported by another performer the skill will be considered a stunt (exceptions: partner pick up would not be considered a stunt).

Stunt Elevation/Stunt Building: The degree in which the flyer's foot/feet or torso, which is receiving primary support, moves/changes in height. Any change in stunt elevation as described above, will be considered stunt building.

Stunt Height Levels

- **Below Knee Stand Level:** A height classification in which the flyer's foot/feet are below the height of a knee stand. Examples - Flyer standing on back of a Nugget. Flyer standing on the thighs of a base, where base's shins are on the performance surface and torso is upright.
- **Knee Stand Level:** A height classification in which one knee of the base is on the performance surface and the other in a hitch position, or base is on all fours, with arms locked out.
- **Thigh Stand Level:** The execution of a stunt where the base(s) is in a lunge or lunge like position and both knees are off the ground.
- **Waist Level:** A height classification for stunts in which the hips of the flyer are at the same height as the base(s) shoulders. Most commonly performed by one base who grips the flyer's feet at the base's stomach level while standing.
- **Below Prep Level:** Any skill that is below shoulder level of a base.
- **Prep Level:** A height classification for stunts in which the hips of the flyer are at the same height that the base(s) hands would be in the Extended Position
- **Extended Level Stunts:** A height classification for stunts in which the entire body of the Flyer is in an upright position over the Base(s) head/heads, supported by the Base(s) fully extended arm(s).

Stunt Transition: See transitional stunt

Superman Transition: The back spotter grips **at least one of** the flyer's ankles, maintaining continuous physical contact to the flyer during the entire transition. The flyer moves from a prep level or below stunt to be caught at waist level in prone position by the original two bases. The flyer is never released by the back spotter during the stunt transition.

Supine: Lying face upward

Supporting Leg: A stunt term referring to the leg of the flyer that is weight bearing and being used to stand on in order to perform a skill variation with the other leg (Working Leg).

Suspended Roll: A stunt in which the top person starts in a non-inverted position and performs a flip while connected to two bases, two posts or to the back spot.

Swedish Falls: A stunt in which the flyer is lying horizontal face down and is supported by **2** bases. One base **MUST** be in a position to protect the head and shoulders of the flyer (facing the flyer with hands under the armpits of the flyer).

Swing Dance Stunts: Swing dance style lifts and movements, usually done between two people, where the base lifts the flyer and moves them up and down or side to side.

Swing Stunts: A stunt using a swinging motion that uses the flyer's body in a front to back or side to side movement. **Stunt must begin below prep level with flyer face up. Two bases have contact with the flyer, and a spotter is in place.**

Switch Up: A flyer starts with one foot in a load-in, is tossed and lands in a vertical position on **the opposite foot.**

T-Lift: A waist level stunt in which the flyer with arms in a T motion is supported on either side by at least two bases who grip the flyer under the arms in order to lift the flyer off the performance surface. The flyer remains in a non-inverted, position while being supported in the stunt.

Tension Roll/Drop: A prohibited pyramid/mount in which the base(s) and flyer(s) lean in formation until the top leaves the base without assistance.

Tic Tock: A stunt that is held in a static position on one leg and, as the flyer is released upward, the flyer switches their weight to the other leg and lands in a static position on the opposite leg.

Top Person: See Flyer.

Transitional Stunt: Top person(s) changing from one skill to another thereby changing the configuration of the beginning stunt.

Tuck (Tumbling): A body position in which the knees and hips are bent and drawn into the chest; Most commonly performed during front/back tucks which are airborne tumbling skills that involve hip over head rotation with no contact to the performance surface as the body passes through the inverted position.

Tumbling: Any gymnastic or acrobatic skill that begins and ends on the performance surface.

Turn: Stunt group or base rotating the static position stunt. During the turning stunt, the standing leg of the flyer does not change in elevation and the stunt building has come to a clear stop before the turning either begins or initiates. Changes in single leg stunt variations of the working leg of the flyer with no change in the elevation of the stunt will still be considered a turning stunt and not a twisting stunt.

Toss Stunts: A throwing motion by a base(s) originating from the ground or waist level with the flyer becoming free from contact with the bases.

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Two High Pyramid: All flyers, individuals in the pyramid who are not in contact with the performance surface, must be primarily supported by a base(s), one or more individuals who are in direct weight bearing contact with the performance surface.

Two and One Half (1 1/2) High Pyramid: All flyers, individuals in the pyramid who are not in contact with the performance surface must be primarily supported by a base(s), one or more individuals who are in a prep level stunt.

Twist Cradle(s): A Cradle dismount in which the flyer rotates around their body's vertical axis. Twist variations include: 1/4 Twist, 1/2 Twist, 3/4 Twist, Single Twist/Full Down/Full Twist, 1 1/4 Twist, 1 1/2 Twist.

Twist (stunt): Participant rotating around their body's vertical or horizontal axis while simultaneously building/changing elevation of a stunt. The initiation of a twist begins on the first **dip** the bases during the simultaneous twisting or building of a stunt. The body position initiation of the flyer during the twisting stunt will be determined by the hips of the flyer at the time of the initiation.

Upright: When a participant is vertical with their chest and head in an upright position. Ex. Ball Up, Switch Up.

V-Sit/V-Sit Variations: A stunt in which the flyer is in a seated Straddle position supported at the seat and legs by the bases. V-Sits can be performed with the bases' arms in the Extended Position; these are called Extended V-Sits and are classified as prep level stunts. V-Sit variations include: Prep Level V-Sit (waist level skill), Extended V-Sit (prep level skill), seated position variations (i.e. pike, hitch)

Valdez: Starting in a seated position, with one hand that remains in contact with the performance surface, an athlete moves into a back walkover.

Walkover: A non airborne, tumbling skill in which the performer passes through a Handstand position to complete a Front or Back Limber.

Working Leg: A stunt term referring to the leg of the flyer that is being lifted or gripped by the flyer in order to perform a skill variation while the other leg is weight bearing. Most commonly used in reference to single leg stunts.

X-Out: Flip or somersault skill performed that involves spreading the arms and legs into an "x" fashion during the rotation of the flip.

NA DANCE CATEGORIES

CATEGORY is defined by the type of performance you select.

New changes from last year's packet are marked in **RED**.

POM: (Time Limit: 2 min 30 sec) A Pom routine is composed of the 2 main styles listed below (Pom and Jazz) with the majority of emphasis on Pom. Poms should be used throughout the routine. Inadequate use of poms may negatively impact the panel judges overall impression and/or score of the routine.

- **POM:** The most important characteristic of this style is synchronization and visual effect. Motion sequences should emphasize uniformity, motion sharpness, technique, and placement. A visually effective routine should include seamless transitions, ground work, level changes, group work, and roll offs.
- **JAZZ TECHNIQUE:** Jazz technical elements should enhance pom choreography and may include kicks, leaps/leap combinations, pirouettes, turn sequences, body placement, extension, control, etc.

HIP HOP: (Time Limit: 2 min 30 sec) A Hip Hop routine is composed of street style movements with an emphasis on variety, execution, creativity, body isolations/control, rhythm, uniformity and musical interpretation. Choreography should demonstrate various styles and elements of hip hop while incorporating athleticism, footwork, jumps, stalls, etc. Listed below are some examples of hip hop styles that teams MAY incorporate into their routine.

- **CHEER FUNK:** This dance style emphasizes uniformity, rhythm, body isolation, creativity, and execution, yet still incorporates the basic fundamentals of cheer such as sharp precise movements and visual effect.
- **POPPING:** This style of dance is an innovative style of hip-hop or funk dancing. Poppers achieve the dance style's jerky or twitchy movements by continuously and rhythmically tensing and then relaxing muscles in the arms and legs, which are called hits, ticks, and pops.
- **LOCKING:** This style of dance comes from freezing a fast movement and "locking" in a certain position, holding that position for a short while, and then continuing at the same speed as before. The movements are generally large and exaggerated, and often very rhythmic and tightly synced with the music.
- **BREAKING:** This style of dance combines forms and maneuvers from gymnastics, hip hop, and martial arts. Break dancing mainly consists of four kinds of movement: toprock, downrock, power moves, and freezes. ***See Tumbling, Gymnastics and Tricks under Dance General Rules for details.**
- **KRUMPING:** This street style of dance is categorized by free expressive, exaggerated and highly powerful movement.
- **WAACKING:** This style of dance consists of moving the arms to the music beat, typically in a movement of the arms over and behind the shoulder. Waacking also contains other elements such as posing and footwork.
- **TUTTING** - This style of dance combines body and arm movements that are based on geometrical angles and shapes.
- **URBAN:** This style of dance incorporates a blend of all hip hop styles, and can also include lyric and jazz. It embodies movement that is less rigid and much more fluid in execution through musicality.

THEME DANCE: (Time Limit: 2 min 30 sec) The focus of this performance is audience entertainment. **With no spoken word by the athlete**, this routine develops a selected theme or era through music, costuming, dance choreography and/or props. This routine should encompass and express one predominant theme and/or era. A proper theme dance should incorporate creative and innovative movements and dance choreography that help shape the intended theme. Athletic and technical skills will be credited toward degree of difficulty. Costuming is required to reflect the routine's theme/era. Props are HIGHLY recommended and should be utilized throughout the routine to maximize score. See Youth General Dance Routine Guidelines for prop specifics.

Please refer to the remainder of the YCADA Dance section for complete details on dance routine requirements and scoring.

NA DANCE ROUTINE GUIDELINES

THE GENERAL REQUIREMENTS FOR YOUR DANCE ROUTINE

Review all Dance Routine Guidelines, General Rules, Categories, Penalty Info and Dance Glossary for clarification of terms.

New rule changes are marked in **RED**. Any violations from this section will be a **1.0 point deduction**.

- (a) Time Limit: 2:30
- (b) Formal Entrances are prohibited. Spirited entrances are allowed and may involve kicks/jumps. Any tumbling or stunting while entering or exiting the floor is **prohibited**.
- (c) Timing will begin with the first organized word, movement or note of music following the team taking the floor. Teams may use a short count and a set prior to the start of the music/cheer. (Example: "5,6,7,8 – Panthers!") Coaches may not delay the start of the routine to fix formations/direct participants to move on the floor.
- (d) Timing will end with the last organized word, movement or note of music.
- (e) Theme dance participants may take no longer than two (2) minutes to enter and set props for performances. Coaches may assist in setting up props but must exit the floor before the 2-min setup period has expired. Timing for the 2-min setup period begins at the time the team is called to the floor.
- (f) Only registered participants of a team are allowed on the performance surface (exception: Theme Dance).
- (g) All participants with a hard cast (or full (medical) boot brace/walking boot) must not be involved in tumbling and/or partner lifts of any kind. Braces with metal parts and/or sharp edges must be covered to properly protect other participants.
- (h) **Code of Conduct**
 - 1. During an official function all teams should be supervised by a qualified advisor/coach.
 - 2. All participants, coaches and spectators agree to conduct themselves in a positive manner. The coach/director/advisor is responsible for ensuring all team member and team affiliates display good sportsmanship throughout the event. Severe demonstrations of unsportsmanlike conduct are grounds for disqualification.
 - 3. Routines must be appropriate for family viewing. Appropriate choreography and music **MUST** be used. Teams using excessive vulgar or suggestive movements, words or music will be penalized, forced to forfeit, or disqualified. Actions taken will be under the discretion of an event official.
 - 4. YCADA rules may be updated at any point in the season due to prevent imminent safety hazards. YCADA reserves the right to further clarify any of the cheer and dance rules. Any changes and clarifications will not eliminate or change the spirit of the rule.
- (i) **Choreography, Music & Costuming**
 - 1. Dance teams may wear approved jewelry as part of their costume. Approved jewelry includes legal post stud earrings and hair accessories. Jewelry such as hoop earrings, bracelets, necklaces, rings, belly, tongue and nose rings etc. are prohibited. Medical alert bracelets or necklaces may be worn, but should be secured to the body with tape.
 - 2. Music is required throughout this performance. Choreographed artistic pauses are allowed.
 - 3. Soled dance shoes (jazz boots, dance sandals, jazz shoes) are acceptable when competing. Bare feet, wearing socks or footed tights only is prohibited.
 - 4. Costumes/Uniforms and make up should be age appropriate and suitable for family viewing. Anything affixed to uniform or athlete that becomes loose or falls off may become a safety hazard and therefore a penalty may be incurred. Jewels/rhinestones may not be adhered to the participant's body and/or face. Actions taken will be under the discretion of an event official.
- (j) **Props**
 - 1. Wearable and handheld items are allowed in all categories and can be removed and discarded from the body.
 - 2. Poms are required for at least half of the routine in the Pom category.
 - 3. Theme Props **ONLY**:
 - (i) Items that may damage the performance surface are prohibited.
 - (ii) Prop Size - Each prop section may be no larger than a standard room door (36" W x 80" H). Individual prop sections may be combined.
 - (iii) Any item(s) that bears the weight of the participant is considered a standing prop (examples: chairs, stools, benches, ladders, boxes, stairs, etc) and requires a soft covering over the feet or base of the standing prop (example: tennis balls, felt furniture pads).
 - (iv) Mini-tramps, springboards, or the like are prohibited.

NA DANCE GENERAL RULES

THE GENERAL SKILL REQUIREMENTS FOR YOUR DANCE ROUTINE

Review all Dance Routine Guidelines, General Rules, Categories, Penalty Info and Dance Glossary for clarification of terms.

New rule changes are marked in **RED**. Any violations from this section will be a **1.0 point deduction**.

(a) Acrobatic/Breaking Skills

1. Airborne skills are allowed provided they complete no more than 1 full flipping or twisting rotation.
2. Tumbling while holding props is prohibited.
3. ONLY the following Tumbling skills may be performed with poms: Forward and Backward Rolls, Shoulder rolls, and SIDE Aerials
4. Athletes are permitted to tumble over other participants' appendages (foot, feet, hands, arms).

(b) Lifts & Partnering Skills

1. The supporting dancer must maintain constant and direct contact with the performance surface throughout the duration of the lift/partnering skill.
2. The supporting dancer must remain in constant contact with the elevated dancer when the skill is above the supporting dancer's shoulder.
3. Hip over head rotation is allowed only if the elevated dancer's hips execute and complete the rotation at or below head level of the supporting dancer when the supporting dancer is standing upright on the performance surface (Clarification: Partner/back-to-back inversions are only allowed with a forward momentum, the lifting partner may not bend backward during the skill, and limited to one rotation).
4. Jumping from or tossing one dancer to another dancer is prohibited.
5. An elevated dancer may not be tossed to the performance surface by a supporting dancer.
6. An elevated dancer may not jump off of a supporting dancer to the performance surface. Exception: A dancer may jump off of a supporting dancer to the performance surface only if the jump is executed at or below shoulder level of the supporting dancer when the supporting dancer is standing upright on the performance surface.

ROUTINE EXECUTION: OVERALL IMPRESSION - Max Score: 10.0

Energy, showmanship, audience appeal, engaging performance, ownership of routine, confidence, and authentic emotion conveyed.

6.0 - 6.4	MINIMAL/INCONSISTENT
6.5 - 6.9	FAIR
7.0 - 7.9	MODERATE
8.0 - 9.0	GOOD
9.0 - 10.0	GREAT

CHOREOGRAPHY: CREATIVITY AND VARIETY - Max Score: 10.0

Variety in style and movements, incorporation of creative and unique choreography,

6.0 - 6.4	MINIMAL/INCONSISTENT
6.5 - 6.9	FAIR
7.0 - 7.9	MODERATE
8.0 - 9.0	GOOD
9.0 - 10.0	GREAT

CHOREOGRAPHY: FORMATIONS - VARIETY, SPACING AND TRANSITIONS - Max Score: 12.0

Variety of formation changes, creative and seamless transitions, use of floor space with proper spacing, formations and transitions enhance overall visuals.

7.0 - 7.9	MINIMAL/INCONSISTENT
8.0 - 8.9	FAIR
9.0 - 9.9	MODERATE
10.0 - 10.9	GOOD
11.0 - 12.0	GREAT

POM: VISUAL EFFECT - Max Score: 12.0

Incorporation of visual effects, variety of level changes, use of roll-offs, level changes and ground work to add to the visual appeal of the routine.

7.0 - 7.9	MINIMAL/INCONSISTENT
8.0 - 8.9	FAIR
9.0 - 9.9	MODERATE
10.0 - 10.9	GOOD
11.0 - 12.0	GREAT

POM: SYNCHRONIZATION - Max Score: 12.0

Understanding and knowledge of proper timing and routine counts, uniformity, synchronization maintained throughout the entire routine.

7.0 - 7.9	MINIMAL/INCONSISTENT
8.0 - 8.9	FAIR
9.0 - 9.9	MODERATE
10.0 - 10.9	GOOD
11.0 - 12.0	GREAT

POM: MOTION TECHNIQUE - PLACEMENT - Max Score: 12.0

Consistent execution of proper motion technique and placement.

7.0 - 7.9	MINIMAL/INCONSISTENT
8.0 - 8.9	FAIR
9.0 - 9.9	MODERATE
10.0 - 10.9	GOOD
11.0 - 12.0	GREAT

POM: MOTION TECHNIQUE - SHARPNESS - Max Score: 12.0

Consistent execution of strong motion technique, placement and control.

7.0 - 7.9	MINIMAL/INCONSISTENT
8.0 - 8.9	FAIR
9.0 - 9.9	MODERATE
10.0 - 10.9	GOOD
11.0 - 12.0	GREAT

JAZZ: INCORPORATION OF JAZZ TECHNIQUE/PERFORMANCE SKILLS - Max Score: 5.0

Variety of jazz skills/technique, solid combinations and team participation.

2.5 - 2.9	MINIMAL/INCONSISTENT
3.0 - 3.9	MODERATE
4.0 - 5.0	GREAT

JAZZ: EXECUTION OF JAZZ TECHNIQUE - Max Score: 5.0

Proper execution of jazz technique, body placement/extensions and appropriately-paced jazz skills.

2.5 - 2.9	MINIMAL/INCONSISTENT
3.0 - 3.9	MODERATE
4.0 - 5.0	GREAT

ROUTINE DEGREE OF DIFFICULTY - Max Score: 10.0

Level of routine difficulty including challenging choreography, innovative movements and technical dance skills. Proper execution of technique and choreography. Age-appropriate routine difficulty level keeps audience engaged.

6.0 - 6.4	MINIMAL/INCONSISTENT
6.5 - 6.9	FAIR
7.0 - 7.9	MODERATE
8.0 - 9.0	GOOD
9.0 - 10.0	GREAT

DANCE - POM

TEAM NAME: _____ DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Routine Execution - Overall Impression		10	
Choreography - Creativity & Variety		10	
Choreography - Formations - Variety, Spacing & Transitions		12	
Pom - Visual Effect		12	
Pom - Synchronization		12	
Pom - Motion Technique - Placement		12	
Pom - Motion Technique - Sharpness		12	
Jazz - Incorporation of Jazz Technique/Performance Skills		5	
Jazz - Execution of Jazz Technique		5	
Routine Degree of Difficulty		10	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

YCADA Dance - Hip Hop



ROUTINE EXECUTION: OVERALL IMPRESSION - Max Score: 5.0

Energy level, showmanship, routine flow, presentation, confidence, audience appeal.

2.5 - 2.9	MINIMAL/INCONSISTENT
3.0 - 3.9	MODERATE/GOOD
4.0 - 5.0	GREAT

ROUTINE EXECUTION: TEAM UNIFORMITY - Max Score: 10.0

Team uniformity, synchronization, timing, cleanliness and precision.

6.0 - 6.4	MINIMAL/INCONSISTENT
6.5 - 6.9	FAIR
7.0 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	GREAT

CHOREOGRAPHY: CREATIVITY AND VARIETY - Max Score: 10.0

Incorporation of creative choreography, unique personality, innovative style, diversity and variety.

6.0 - 6.4	MINIMAL/INCONSISTENT
6.5 - 6.9	FAIR
7.0 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	GREAT

CHOREOGRAPHY: FORMATIONS - VARIETY, SPACING AND TRANSITIONS - Max Score: 10.0

Variety of formation changes, proper and consistent spacing throughout routine, use of floor space, and smooth transitions.

6.0 - 6.4	MINIMAL/INCONSISTENT
6.5 - 6.9	FAIR
7.0 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	GREAT

CHOREOGRAPHY: VISUAL EFFECT - Max Score: 5.0

Incorporation of visual effects, variety of level changes, roll-offs, group work, visually appealing, and entertaining.

2.5 - 2.9	MINIMAL/INCONSISTENT
3.0 - 3.9	MODERATE/GOOD
4.0 - 5.0	GREAT

CHOREOGRAPHY: DIFFICULTY - Max Score: 12.0

Consistent level of difficulty, intricate and innovative movements, athleticism, engaging and exciting performance.

7.0 - 7.9	MINIMAL/INCONSISTENT
8.0 - 8.9	FAIR
9.0 - 9.9	MODERATE
10.0 - 10.9	GOOD
11.0 - 12.0	GREAT

HIP HOP FUNDAMENTALS: INTERPRETATION OF HIP HOP STYLES - Max Score: 12.0

Awareness and interpretation of hip hop styles, demonstrates total comprehension of all styles incorporated, clearly conveys each style.

7.0 - 7.9	MINIMAL/INCONSISTENT
8.0 - 8.9	FAIR
9.0 - 9.9	MODERATE
10.0 - 10.9	GOOD
11.0 - 12.0	GREAT

HIP HOP FUNDAMENTALS: INCORPORATION OF HIP HOP STYLES - Max Score: 12.0

Variety in styles and movement, incorporation of diversity.

7.0 - 7.9	MINIMAL/INCONSISTENT
8.0 - 8.9	FAIR
9.0 - 9.9	MODERATE
10.0 - 10.9	GOOD
11.0 - 12.0	GREAT

HIP HOP FUNDAMENTALS: EXECUTION OF HIP HOP STYLES - Max Score: 12.0

Proper execution of hip hop styles throughout performance, body control, intensity, rhythm, emotion and personality.

7.0 - 7.9	MINIMAL/INCONSISTENT
8.0 - 8.9	FAIR
9.0 - 9.9	MODERATE
10.0 - 10.9	GOOD
11.0 - 12.0	GREAT

HIP HOP FUNDAMENTALS: MUSICALITY/RHYTHM/BODY ISOLATION - Max Score: 12.0

Demonstration of natural rhythm, musicality, intricate moves, body isolations, and routine fluidity.

7.0 - 7.9	MINIMAL/INCONSISTENT
8.0 - 8.9	FAIR
9.0 - 9.9	MODERATE
10.0 - 10.9	GOOD
11.0 - 12.0	GREAT

TEAM NAME: _____ DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Routine Execution - Overall Impression		5	
Routine Execution - Team Uniformity		10	
Choreography - Creativity & Variety		10	
Choreography - Formations - Variety, Spacing & Transitions		10	
Choreography - Visual Effect		5	
Choreography - Difficulty		12	
Hip Hop Fundamentals - Interpretation of Hip Hop Styles		12	
Hip Hop Fundamentals - Incorporation of Hip Hop Styles		12	
Hip Hop Fundamentals - Execution of Hip Hop Styles		12	
Hip Hop Fundamentals - Musicality/Rhythm/Body Isolation		12	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

ROUTINE EXECUTION: OVERALL IMPRESSION - (Max Score: 10.0)

Energy, showmanship, engaging performance, audience appeal, consistent confidence, conveys authentic emotion from entire team.

6.0 - 6.4	MINIMAL/INCONSISTENT
6.5 - 6.9	FAIR
7.0 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	GREAT

ROUTINE EXECUTION: TEAM UNIFORMITY - Max Score: 10.0

Proper timing, team synchronization, uniformity, clean and precise.

6.0 - 6.4	MINIMAL/INCONSISTENT
6.5 - 6.9	FAIR
7.0 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	GREAT

CHOREOGRAPHY: CREATIVITY AND VARIETY - Max Score: 10.0

Incorporation of creative choreography, personality, and diversity throughout the routine, variety of movements, and innovative style.

6.0 - 6.4	MINIMAL/INCONSISTENT
6.5 - 6.9	FAIR
7.0 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	GREAT

CHOREOGRAPHY: FORMATIONS - VARIETY, SPACING AND TRANSITIONS - Max Score: 10.0

Variety of formations, use of floor space, tricky/creative transitions, proper spacing, and smooth transitions.

6.0 - 6.4	MINIMAL/INCONSISTENT
6.5 - 6.9	FAIR
7.0 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	GREAT

CHOREOGRAPHY: VISUAL EFFECT - Max Score: 10.0

Incorporation of visual effects, visually appealing choreography, variety of levels, roll-offs, group work. Engaging and entertaining for the audience.

6.0 - 6.4	MINIMAL/INCONSISTENT
6.5 - 6.9	FAIR
7.0 - 7.9	MODERATE
8.0 - 8.9	GOOD
9.0 - 10.0	GREAT

THEME COMPOSITION: MOVEMENTS - Max Score: 15.0

Incorporation of unique and creative choreography, sense of personality and expression complementing to theme. Entertaining and engaging for the audience.

8.5 - 8.9	MINIMAL/INCONSISTENT
9.0 - 9.9	FAIR
10.0 - 11.9	MODERATE
12.0 - 12.9	GOOD
13.0 - 15.0	GREAT

THEME COMPOSITION: COSTUMING AND PROPS - Max Score: 15.0

Incorporation and creative use of props, creative costuming that complement the intended theme.

8.5 - 8.9	MINIMAL/INCONSISTENT
9.0 - 9.9	FAIR
10.0 - 11.9	MODERATE
12.0 - 12.9	GOOD
13.0 - 15.0	GREAT

THEME COMPOSITION: MUSIC - Max Score: 15.0

Creative music that expresses and complements theme from start to finish, engaging and entertaining.

8.5 - 8.9	MINIMAL/INCONSISTENT
9.0 - 9.9	FAIR
10.0 - 11.9	MODERATE
12.0 - 12.9	GOOD
13.0 - 15.0	GREAT

ROUTINE EXECUTION: DEGREE OF DIFFICULTY - Max Score: 5.0

Level of routine difficulty includes innovative and tricky movements, challenging choreography with proper execution.

2.5 - 2.9	MINIMAL/INCONSISTENT
3.0 - 3.9	MODERATE
4.0 - 5.0	GREAT

DANCE - THEME

TEAM NAME: _____ DIVISION: _____

SCORING ELEMENTS & CRITERIA	COMMENTS	MAX POINTS	YOUR SCORE
Routine Execution - Overall Impression		10	
Routine Execution - Team Uniformity		10	
Choreography - Creativity & Variety		10	
Choreography - Formations - Variety, Spacing & Transitions		10	
Choreography - Visual Effect		10	
Theme Composition - Movements		15	
Theme Composition - Costuming & Props		15	
Theme Composition - Music		15	
Routine Execution - Degree of Difficulty		5	
General Comments:		MAX TOTAL	YOUR TOTAL:
		100	

NA DANCE PENALTY INFO

PROTECTING INTEGRITY AND PERFECTION OF ROUTINE EXECUTION.

New changes from last year's packet are marked in **RED**.

RULES PENALTIES:

1.0 POINT deducted from your total possible score for each violation of any of the **YCADA NA Dance Routine Guidelines**.

1.0 POINT deducted from your total possible score for each violation of any of the **YCADA NA Dance General Rules**.

Please refer to the YCADA NA Dance Routine Guidelines & General Rules for specific allowances and restrictions. **A rules judge may never take a rules deduction where no rule is being violated.**

TIME LIMIT PENALTIES:

0.4 POINT deducted from your total possible score if your routine goes 4 SECONDS OR MORE OVER time requirements.

INAPPROPRIATE MUSIC/CHOREOGRAPHY:

Age appropriate choreography, costuming and music must be used. Penalties will be assessed under the **YCADA NA Dance Routine Guidelines**.

NA DANCE GLOSSARY

[GO TO VIDEO GLOSSARY](#)

REFERENCE GUIDE FOR ALL SKILLS MENTIONED IN THE GENERAL SAFETY RULES.

Aerial: See Side Aerial

Airborne: To be in air and free of contact from the performance surface and/or another dancer.

A la Seconde Turns (Turns in Second): A turning series that opens from a plié out to the front in second position (extended directly out to the side, level with hips) on relevé, and repeats with a turn in plié and so on. Very similar to fouetté turns but instead of the leg whipping in to passé, it stays in second position.

Arabesque (air-u-besk): When the dancer stands on one leg while the other is fully extended behind at a 90 degree angle.

Attitude: A position where one leg is the supporting leg and the other is extended back/front at a 90 degree angle, with a bent knee and well turned out so that the knee is level with the foot.

Axle: The working leg kicks out from a low chaîné and around through second position, where it meets the other leg in a tucked position while completing a full rotation in mid air.

Back Walkover: A non aerial tumbling skill where one moves backward into an arched position, with the hands making contact with the ground first, simultaneously kicking one foot to rotate the hips over the head and land on one foot/leg at a time.

Backward Roll: A non airborne tumbling skill where one rolls in a tucked position backward with their shoulders in contact with the performance surface and lifting the hips over head through an inverted position.

Break Dancing: A rhythmic style of dancing involving rapid acrobatic moves, jumps, and twists in which different parts of the body are in contact with the performance surface.

Calypso: A turning dance leap, originating from chaîné turns, in which the working leg is swept and held straight, while the back leg is held in the attitude position.

Cartwheel: A non airborne gymnastic skill where a dancer uses the support of their arms to pass through a sideways inverted position while kicking one leg up at a time and landing one foot at a time.

Chaîné Turns (sha-nay): A series of rapid turns, chained together, on the balls of the feet. One foot steps out and the other follows in to a closed turn, repeat.

Chassé (sha-say): A step in which one foot replaces the other and literally chases it out of its position. Usually done across the floor or as a prep into a leap or other aerial skill.

Chorus Line Flips: A skill in which a dancer back or front flips between two other dancer whose arms and/or wrists are interlocked. The dancer flips with or without hand/arm contact.

Dance Lifts: See Lift

Elevated: Raising a dancer to a higher position.

Elevated Dancer: A dancer who is lifted by supporting dancers.

Flying Squirrel: A jump using forward momentum while the dancers arms and legs are extended creating an "X" position in the air.

Fouetté Turns (fweh-tay): A turning series that opens from a pirouette in slight plié (with a turned out passé) and then extends out to the front in second position (extended directly out to the side, level with hips) on relevé, and whips in to repeat with a pirouette in plié and so on. Very similar to al a seconde turns but instead of the leg staying in second position it whips in to passé.

Forward Roll: A non airborne tumbling skill where the dancer rolls forward through an inverted tucked position while the hips rotate over the head.

Front Heel Stretch: The dancer first grabs his/her foot before stretching the leg up to the front of the body at the highest point of extension.

Front Walkover: A non airborne tumbling skill where the dancer rotates forward with his/her hands on the performance surface while passing through an inverted position, then kicks the legs over to rotate hips over head landing one foot at a time.

Front Leap/Grand Jeté (Leap): A large leap forward with one leg extended in front and the other extended in back to create the splits in mid air.

Hand/Arm Contact: The physical contact between two or more dancers through the hand(s)/arm(s).

Handstand: A position in which the dancer is in a straight bodied, inverted position while the arms are placed on the performance surface extended by the head supporting his/her body weight.

Head Spin: A hip hop technique in which the dancer spins on his/her head with use of the arms to aid in rotation and speed. The legs can be held in a variety of positions.

Headspring: A full rotation, acrobatic skill in which an athlete executes a flip from one's head on the ground while pushing off with their hands. The weight of the athlete is borne on the hands.

NA DANCE GLOSSARY

(CONTINUED)

[GO TO VIDEO GLOSSARY](#)

- Headstand:** A position in which a dancer is inverted on one's head while the hands are also on the performance surface to support his/her body weight.
- Heel Stretch:** When the dancer first grabs his/her foot before stretching the leg out to the side of the body at the highest point of extension.
- Hip Over Head Rotation:** A movement where hips move over the head. Examples: Forward roll, back walkover
- Inverted:** When the dancers shoulders are below her/his waist with at least one foot above his/her head
- Jump:** An airborne position not involving hip over head rotation that is executed by pushing off of the performance surface with the power from one's feet and legs.
- Kick and Hold:** When the dancer kicks one leg to the front, grabs the foot, and holds it at the highest point of extension.
- Kip Up:** Originating from a laying down position (on back, stomach up) the dancer bends knees into chest and kicks up to land on his/her feet.
- Krumping:** This is a very expressive style of dance involving movements that are fast, aggressive, and highly energetic.
- Lift/Partner Lift:** A sequence of acrobatic movements in which a supporting dancer(s) lifts an elevated dancer and, in many cases, holds the elevated dancer off of the performance surface.
- Lifting Dancer:** A dancer (s) who lifts and bears the weight of an elevated dancer during a dance lift.
- Liquid Dancing:** Liquid like movements and gestured dancing that can sometimes involve pantomime.
- Partner Lift:** See Lift
- Passé (pah-say):** A position that has one leg, the working leg, connected to the supporting leg with a pointed toe. The working leg should connect the arch of the foot to the knee of the supporting leg.
- Piqué Turns (pee-kay):** A series of rapid turns with the supporting leg stepping directly on to relevé as the other, the working leg, pulls up to passé while completing a full rotation, repeat.
- Pirouette Turns (pir-o-et):** A full rotation of the body with the supporting leg on relevé and the working leg pulled up to passé.
- Plié (plee-ay):** A bending of the knee or knees.
- Pony Sit:** The supporting dancer kneels or stands in bent over position while the partner straddles and sits on the lower back.
- Pop & Lock:** Sudden muscle contractions that create a visual of the dancer popping their body rather than moving more naturally. Intricate and robotic movements that can create the image of a strobe light, "snap shot effect".
- Prop:** An object that a dancer can control and utilize throughout a performance.
- Pyramid:** A grouping of connected stunts.
- Relevé (reh-la-vay):** A rising of the body on the balls of the feet.
- Round Off:** The dancer places hands on the performance surface while kicking legs up into an inverted position then snaps the feet and legs together to land at the same time.
- Scale:** When the dancer pulls one leg, fully extended and turned out, directly to the back and stretches it to the highest point of extension. Similar to an arabesque, but the dancer uses his/her hand to stretch it to a higher point.
- Shoulder Roll:** Similar to a forward or backward roll, although the back of the shoulder is the contact with the floor and the head is tilted to the side to avoid direct contact with the performance surface.
- Shoulder Sit:** The supporting dancer stands up while the elevated dancer sits on top of their shoulders with legs wrapped around the supporting dancer's back.
- Side Leap/Jeté a la Seconde:** A leap to the side in which one leg rises to second position, or highest point of extension, while the other leg follows by doing the same on the opposite side to meet in a straddle position in mid air before landing.
- Side Aerial:** An airborne tumbling skill where the participant performs a Cartwheel executed without placing hands on the ground for support.
- Spotting:** A term used for the movement of the head and focusing of the eyes during pirouettes and other turning movements. The dancer chooses a spot to focus on with their eyes and as the turn is executed, the eyes stay focused on that spot until the head has no choice but to whip around. This will prevent dizziness and help the dancer to not fall out or travel during the turn(s).
- Stall:** A hip hop maneuver that halts all body motion. This skill uses the dancers strength and balance to freeze in a pose that is usually creative in leg variations or done on one or both hands in the inverted position.

NA DANCE GLOSSARY

(CONTINUED)

[GO TO VIDEO GLOSSARY](#)

Standing Prop: Any item(s) that bears the weight of the participant.

Street Dancing: This type of dancing includes break dancing, krumping, liquid dancing, popping, etc.

Supporting Dancer: A dancer (s) who bears the weight of the elevated dancer.

Switch Leap: A leap in which the working leg kicks forward then switches to the back as the other leg comes to the front to create the ending position of a leap before landing.

Switch Second: Facing the side, the dancer begins a leap by extending one leg forward, then rotates the hips and body to the front while switching the leg position in mid air to end with both legs extended at each side (straddle position).

Thigh Stand: The supporting dancers are in a lunge position while the elevated dancer places their feet in the pockets of the supporting dancer's thighs.

Trick: Dance skill that combines kicks with flips and twists from gymnastics, as well as, various dance moves and styles from breakdancing

Tumbling: An acrobatic or gymnastics skill executed by an individual dancer without contact, assistance or support of another dancer(s).

Turning Kick and Hold: Executing a full turn(s) while remaining in the position of a kick and hold until rotation(s) is complete.

Turning Switch: When the dancer begins the skill with a low chainé that leads into a leap starting in one direction and then switches leg position (like a switch leap) while body rotates in mid air before completing the skill.

Whack Back – A vertical jump incorporating a backward rotating straddle jump or around the world jump as the performer lands on their hands at their sides and slightly behind their body.

Weight Bearing: A skill in which the dancers weight is supported by another dancer

Windmill: Beginning in a position laying down on the back, the dancer spins from his/her upper back to the chest while twirling his/her legs around his/her body in a v-shape. The leg motion gives the majority of the power, allowing the body to “flip” from a position on the back to a position with the chest to the ground.